Eve's Weekly

RS. 1.50

Complimentary

2 DESIGNING WOMEN

ESTROGEN THERAPY
Can a woman stay sexy all her life?

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What every woman should know about blood and iron loss.

Doctors say that as a woman you need twice as much iron as a man.

And here's what happens if you don't get it.

With your monthly loss of blood, you also lose iron.
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you could start feeling tired, irritable and unable to give your family all the love and care they need.
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ROOP SANGAM

Pikart-RS-1

NEILU ARORA & SEERAT NARENDRA

On top of the world with high fashion ideas, tall and attractive Neilu Arora is a talented fashion designer with a creative mind. A graduate from St. Xavier's College in Psychology, she did a three-month course in Fashion Designing in London. Once in the fashion field, she intends to open a boutique where she can have a free hand at creative fashion designing.

Young and charming Seerat Narendra (inset) of Delhi is a budding and upcoming artist, who does not believe in waiting for opportunities to come her way. She is back in India after a long stay in Italy, where she qualified in Graphic Publicity, Interior Designing and Fine Arts at the world famous Academy of Brers.

Photograph of Neilu : Farokh Reporter
Photograph of Seerat : Baldev

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this week

THE ESTROGEN CONTROVERSY

Protagonists of estrogen therapy promise "a full sex life for her entire life" to "almost every woman." The therapy, which calls for the replacement of estrogen, a hormone that purportedly keeps a woman young and sexy, is neither very new nor unique. It is the crusade for its universal application that has aroused the ire of many people. Details about the therapy, which is available in India.
Page 9.

MENOPAUSE

A thorough discussion by our medical consultant about that inevitable period in a woman's life, the accompanying stresses and strains, and how to face them.
Page 42.

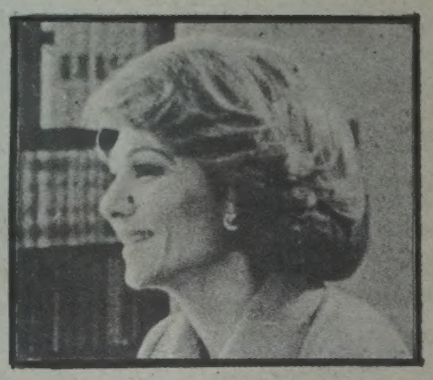
BREAKTHROUGH IN SKIN BEAUTY

Beauty parlours can only do so much. Beauty clinics, which provide the services of beauty dermatologists, who have a medical and clinical approach to problems, are — in India at least — a new and interesting possibility for skin therapy. A detailed description of beauty dermatology and what it involves.
Page 11.

Eve Today: BOMBAY HIGH COURT'S FIRST WOMAN JUDGE

Mid-January brought the welcome announcement about the appointment of Sujata Manohar as the first woman judge of the Bombay High Court.
Page 37.

Interview: EMPRESS FARAH OF IRAN



Ever since her ascension to the throne of Iran, Empress Farah has attracted public attention, particularly because of her involvement in promoting the emancipation of the women of her country. In this interview she talks about her activities and her concerns.
Page 17.

ALSO

Human Interest Story: colourful and beautiful bead-work done by a remarkable, blind woman — **Page 21.** Story : "If I Die Today," a four-part serial starting this week — **Page 14.** Film interview : Rameshwari Talluri.

REGULAR FEATURES

Your Page & Horoscope/**7**, Heart to Heart/**23**, Fashion/**24**, Beauty/**27**, Comics/**28**, Children's Page/**31**, Cookery/**32**, People Known & Unknown/**33**, Frankly Speaking/**41**, People & Events/**44**, World of Eve/**45**, Hi Ya Honey/**46**.

I'm glad I started him on FAREX®

My doctor said "3 months on milk alone is not enough. He needs Farex."

Why do doctors recommend Farex?
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Why is Farex perfectly balanced for baby's needs?
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Did you know that, when you brought your baby into this world, you gave him an important gift? Yes, you gave him a 3-month supply of iron for his blood. That's wonderful! But it also means, doesn't it, that, by the time your baby is 3 months old, he will have exhausted his iron supply. *It's urgent to replenish it.* And Farex contains enough iron to fully supply your baby's needs and keep his blood healthy.

Another thing: only Farex has enough calcium, phosphorus and Vitamin D_2 to help your baby grow sturdy bones and strong teeth.

Why 3 months on?
When your baby is 3 months old, he needs help to develop his chewing habit. Otherwise, you may find him swallowing the solid food you give him later. That would cause him tummy-ache—and also affect his growth.

If you give him Farex now, he will be better able to move to "grown up" food later on—and to chew and digest it properly.

Wouldn't mashed potatoes be O.K.?
Before you give your baby *any* solid food, stop a moment to consider your baby's digestion. At 3 months, it is still tender. That's why your baby needs a specially prepared infant solid food—something he can digest easily.

Besides, traditional foods are not always scientifically balanced to give your baby his most important needs: enough iron, calcium, phosphorous, vitamin D_2. Specially iron.

These then are some of the reasons why doctors say that, 3 months on, Farex is a must for your baby.

When should I start him on "grown up" foods?
When he takes his first toddling step. That's when he begins to accept "grown up" food. You can now give him fruit, vegetables, dal, eggs. But don't stop Farex. Your baby still needs its special goodness. So, till your baby is 3 years old, mix Farex, with a little imagination and a lot of love, into all your recipes for baby.

Baby's first solid food for rapid all-round growth.

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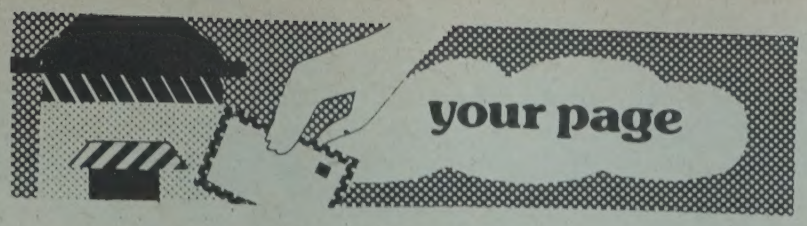
Do you have anything to say? Then say it here. We pay Rs. 25, 15 and 10 for the three best letters.



1st prize

THE JOB GIVERS

While your magazine advocates the theory of economic independence for every woman, one cannot ignore the fact that "the granters" of such independence are men and it is still in a man's world that we have to strive to achieve economic independence.

Many of your readers suggest that housewives who fuss about their kids can resort to some career once their kids reach their school-going age. Where women are the applicants for the so-called "white-collar" jobs (secretaries, receptionists, telephone operators, bank clerks, etc.) it is their youthful looks that are of primary importance. There are many cases where women who give up their jobs for the sake of the family, find it impossible to get back to their early career after a couple of years. It is presumed that a telephone operator must have a good voice, and not, necessarily, a good figure! But I know of a case where ten years of experience as an operator could not convince "the men" because the applicant was over thirty!

Whereas there are umpteen cases of retired men taking up new assignments and men in the middle-aged group switching over to different jobs within no time, we have yet to come across instances where women in their thirties can get jobs for which they are definitely qualified.

Mrs. Padma Shetty
Madras

Yes, who wants a grey-haired woman with lines around her eyes (they are called laugh-lines for the men, ha-ha!), no matter how qualified she may be. All the more reason, therefore, that women should continue their jobs and careers through their child-bearing years, no matter what the odds...

2nd prize

WOMEN IN COLLEGE

With a view to reducing the number of drop-outs, the Madras University Commission on higher education has suggested the imposition of a fine on those girls who walk out of their college course halfway. Most of the causes of the 'walk out' are traceable to the socio-economic and the socio-psychological milieu in which the traditional belief that the woman's place is the home and her only concern should be begetting and bringing up children, is very strong. The Madras University Commission has rightly asked for social service organisations, besides the women's colleges themselves, to educate parents and get them out of their socially and economically stultifying prejudices. The Commission is also to be congratulated for suggesting the enlistment of women as teachers and students in men's colleges and vice versa. This will, no doubt, promote refined relations between young men and women, facilitating, in the process, better knowledge of each other's problems, sentiments and social roles.

It is in the rural areas that most of the future citizens of India are being shaped. No educational programme can, therefore, be deemed to have made the grade until it is able to enrol every boy and girl of school-going age and keep then in school until the course is completed.

V. S. Natarajan,
Tirunelveli

We do feel women dropping out of college have no business to do so. All those concerned, including the parents, the Government, the universities and the girls themselves should make a united effort to overcome whatever obstacles may arise.

3rd prize

FALSE FREEDOM

Now that we have regained our freedom and fundamental rights after the lifting of the Emergency, just what have we been using that freedom for? For strikes, for under-production, for under-achievement, for general laxity? Surely, freedom **from** something should mean freedom **for** something? Just what positive results have we achieved after the lifting of the Emergency? Understandably, the problems of over-population, unemployment and poverty cannot be solved overnight. But one expects at least a downward trend in prices. Not only are prices continuing to spiral upwards (ruthless opportunists are exploiting the situation created by the recent cyclones and tidal waves), there is talk of further taxes on so-called luxury items. What may be a luxury to one person may very well be a necessity to another, and the people who are going to be hit by this myopic outlook are the middle class and the working women, for whom time and labour-saving gadgets (which must inevitably be classified as luxury items) are a must.

Indu K. Mallah, Nilgiris.

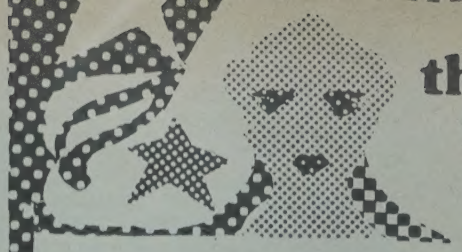
No, mighty problems cannot be solved overnight. But, prices hit the common man and it is here that the country's rulers must do something, before the situation disintegrates and occasions revolt.

THE STIGMA

I have read with much interest in the January 14th issue of your Weekly a splendid article by Dr. Padam Singhvi on "Pigmentation Disorders of the Skin". Please allow me to add that the white patches of leucoderma often cast a shadow of leprosy on its sufferer and the patient is often treated as a social outcast. This leads to psychological repercussions on the person's mind.

All this is uncessary, as pointed out by Dr. Singhvi, since medical treatment usually cures the majority of the cases. A certain percentage remain as stationary patches and it is here that the plastic surgeon is able to remove them surgically and totally cure these unfortunate persons of any stigma of leucoderma.

Dr. R. J. Maneksha,
Plastic Surgeon, Bombay.



this week for you

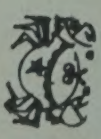
K. H. Shroff

For the week Feb. 4—11

ARIES (March 21 — April 19) Social contacts, friends' correspondence bring benefits. Avoid domestic discussion or changes. Favourable days: 7 - 8.

TAURUS (April 20 — May 21) Avoid subjects that stir up feelings. Short trips bring contacts with interesting people. Favourable days: 5, 6.

GEMINI (May 22 — June 21) Planets concerned with money, love, status are encouraging. Excellent for youngsters. Favourable days: all days.



CANCER (June 22 — July 22) Health needs care. Don't worry about money, end of the month favourable. Favourable days: 9, 10.

LEO (July 23 — Aug. 23) You get over troubles, earn rewards and prestige. Romantic week, specially for the unmarried. Favourable days: 4, 9.

VIRGO (Aug. 24 — Sept. 22) You can forge ahead in many fields and get money. Artists and writers must work hard. Favourable days: all days.

LIBRA (Sept. 23 — Oct. 22) Optimism surrounds Librans and rapport prevails in all their activities. Favourable days: all days.

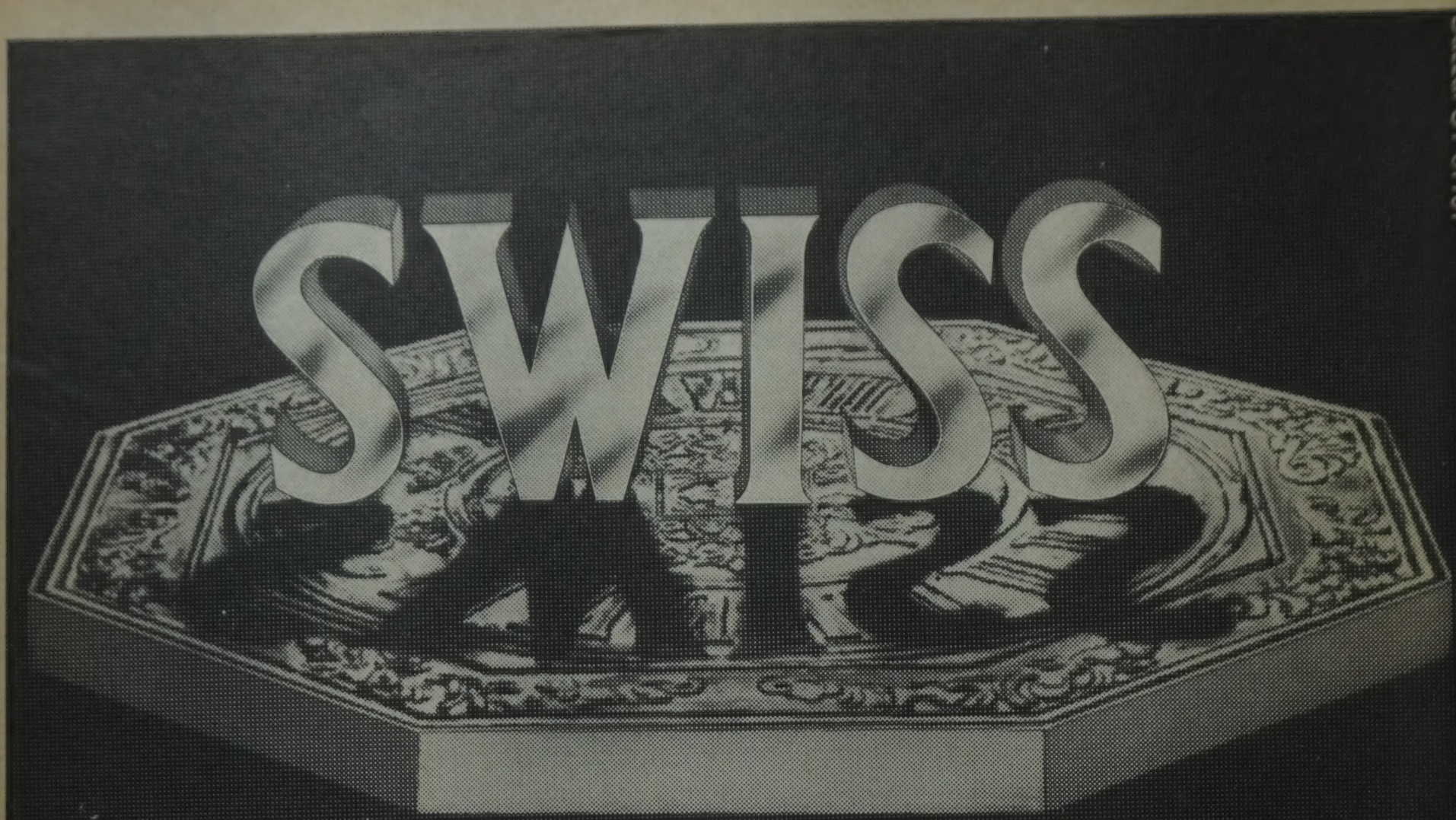
SCORPIO (Oct. 23 — Nov. 22) Settle personal problems directly. Silence and some sacrifice will benefit you. Favourable days: 9, 10.

SAGITTARIUS (Nov. 23 — Dec. 21) Stay abroad or gains from overseas connections. Unexpected demand for your services. Favourable days: 7, 8.

CAPRICORN (Dec.22 — Jan 19) Praise and money for good work, but not favourable for joint ventures. Favourable days: 5, 6.

AQUARIUS (Jan. 20 — Feb. 19) Planets in good position. Opportunity to enlarge circle of friends. Favourable days: all days.

PISCES (Feb. 20 — March 20) Outstanding issues are settled. Avoid intense feelings in personal affairs. Favourable days: 9, 10.



Suntrek is the only major Indian manufacturer making watches with Swiss collaboration. Suntrek is backed by two centuries of a tradition where precision craftsmanship was set at the highest premium. In simple terms this results in Suntrek being 60 seconds per month more accurate than the competition. Sixty seconds per month...that's the difference between a first rate watch and a high precision instrument.

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In stainless steel, chrome and Gold.
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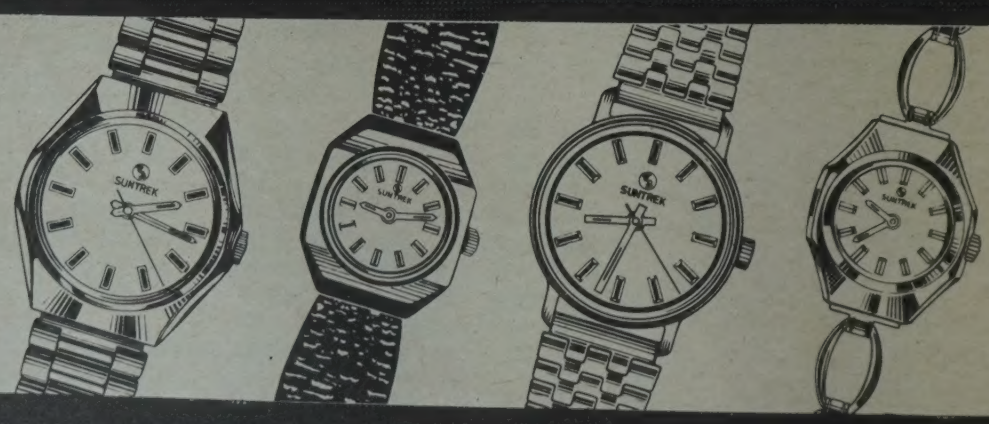

SUNTREK WATCHES

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ESTROGEN:

THE HORMONE THAT KEEPS YOU YOUNG

Meher Castelino

Estrogen Replacement Therapy promises relief to women facing complex mental and physical problems which appear with menopause

The estrogen controversy has been raging all over the world since the early sixties although the therapy of estrogen replacement is neither new nor unique as it has been around for nearly 40 years. When it made its appearance in the USA in the sixties it offered ageing women the promise of eternal youth. Promises of glossy hair, wrinkle free skin, strong, healthy bones and a "New Woman" were made. In Britain doctors were however still a bit sceptical about the new therapy. In India the hormone received mixed reactions, but over the years has gained considerable importance and now plays an important part in the ever changing life of the Indian woman.

Approached in the initial stages with caution by the modern Indian woman, estrogen has now become a hormone that many Indian women feel helps them to cope with their new life styles. How did this particular hormone in a female become the centre of so many debates? And firstly, what is estrogen?

Women have a pair of glands called ovaries. Under the influence of another gland in the brain, called the pituitary two important female hormones called estrogen and progesterone are produced. The ovaries maintain a regular supply of these hormones from puberty, when the periods start until menopause or cessation of periods. The production of these hormones continues till a woman is 50 - 57 years or even longer. Should there be an oopherectomy (removal of ovaries) with or without hysterectomy (removal of uterus) then this production is permanently interrupted.

The question often asked is, why didn't our grandmothers and ancestors feel the deficiency of this hormone? For the simple reason the question never arose before the 20th century. In ancient Rome an average female's life span was a mere 23 years. In the 14th century it stretched to 33 and in 1900 she was lucky if she celebrated her 50th birthday. It is the 20th century that has brought forth a longer life span when a woman lives till nearly 76 years.

As the life span increased in women the effects of estrogen decrease were gradually felt. Added to this was the change in social and cultural life styles in society. Gone were the days when a woman sat at home and prayed most of the days and was happy leading a life within her four walls. Today's woman is faced with demands from society, job, children and her husband. She has to look her best, feel at her peak and be able to cope with life at 40 or 50 just like when she was 25.

Around 40 she is faced with the most dreaded part of her life —menopause and the cheery tidings that the beginning of the end is near, although Walter Pitkin was the first to spread the news that "Life begins at forty."

Menopause need not be a dreaded nightmare if a woman, and more so her husband, realises and understands her own body and her mental and emotional reactions. If she realises that like menstruation, menopause is a part of life and she has now completed another cycle, then life can hold a new meaning for her.

A typical example is Mr. S. who couldn't figure out why his wife was constantly complaining of depression, irritation and insomnia. Mrs. R. experienced sudden hot flushes and bouts of absentmindedness. Both ladies were experiencing symptoms relating to the slackening of estrogen.

Dr. Geeta Pandya, an M.R.C.O.G., Specialist in Gynec Endocrinology (study of hormones), explains the symptoms that may occur from estrogen slackening.

1. Depression and emotional disturbances.
2. Insomnia.
3. Irritability.
4. Hot flushes.
5. Loss of subcutaneous muscle tissue and tone causing atrophy of labia and vagina.
6. Loss of sex drive and discomfort during the sex act.
7. Coarseness in build and appearance.
8. Deposition of surplus fat
9. Growth of hair on face.
10. Palpitations and susceptibility to heart attacks.
11. Loss of concentration and memory lapses.
12. Prolapse of bladder and rectum.
13. Osteoporosis (weakness of bones).
14. Kyphotic deformity (humped back, uneasy gait).
15. Underactivity of thyroid and adrenal glands and pituitary.

"Very often when a woman complains to her doctor about some of the above symptoms, they are dismissed as psychosomatic and invariably treated with tranquillisers. Others are told that it is only because of a change of life or the menopause. Proper evaluation, reassurance, estrogen replacement therapy (ERT), are the answer. In the past ERT was reserved for women who had undergone oopherectomy. I have seen several women being treated for urinary infections, emotional disturbances and heart diseases when all they required was ERT."

Any of the above symptoms can start during the premenopausal stage, increase during the menopausal stage and may become more pronounced during the post-menopausal stage. The decline in the estrogen supply can start any time between the age of 35 and 57. At times a woman's ovaries may continue to produce estrogen even after menopause and she may feel its decline only 10 years later. On the other hand, she may feel it immediately after the onset of menopause.

How can the estrogen level be judged? A simple vaginal smear test can give an idea of the estrogen level, after which treatment can follow. Small doses of estrogen or progesterone, as the case may be, can be given. Sometimes male hormone is given.

Dr. Pandva emphasises, however, that ERT should be taken under the close supervision of a doctor. It should be started whenever symptoms appear and should bleeding occur during treatment, the hormone should be stopped.

Synthetic estrogen may have side effects like gaining weight and retention of fluid, nausea, etc. Natural estrogen tablets may be used for 20 days in a month or injection once in three weeks. Pellets inserted under the skin every five to six months are also favoured by many.

Often a woman may not require ERT at all or till nearly ten years after her menopause. Her ovaries are still able to produce the hormone and her body may be able to function at that level. Only when the ovaries supply begins to taper off drastically does she experience the symptoms which need ERT.

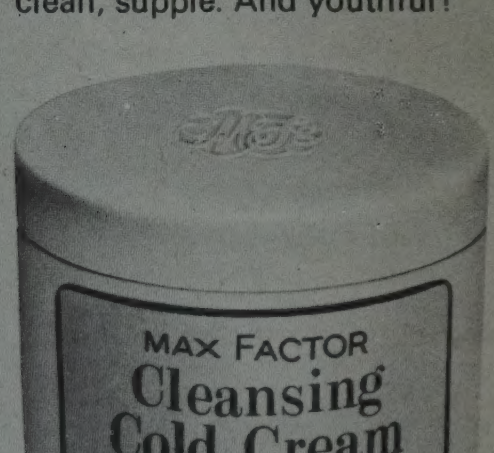
Women must however realise that ERT does not mean that it will put back the clock and remove all sorts of depression and distress. It will aid the body to adjust to the new level of estrogen and balance the effects. A woman on ERT should go regularly for a Pap smear test every six months. Treatment can be continued if needed for two or

Continued on page 19

Light-Deep-Cleanser!

Max Factor Cleansing Cold Cream

Creamy-rich. Yet light-n-protective. Its deep-down cleansing action makes Max Factor Cold Cream your closest friend. Against every-day stale make-up, every-day dust and dirt, that clogs the delicate pores of your skin. Its gentle cleansing-protecting formula leaves your skin soft, clean, supple. And youthful!



Max Factor Cleansing Cold Cream.

Your skin's gentle protector—all year

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FIRST INDIAN BEAUTY CLINIC ABROAD

In an interview with our Delhi correspondent, SHAHNAZ HUSAIN, the first Asian to become a member of the American Association of Aestheticians, describes the latest techniques in skin therapy, which she learnt from Dr. Barnett in New York and at the beauty salon of Christine Valmy

What can a skin therapist do about your skin?

Just about everything. Most women are aware of beauty parlours, but the beauty dermatologist's approach is medical and clinical. Dermatologists call the approach "Dermappraissal" or skin analysis. A beauty dermatologist can take one look at the face and tell where the disaster zone lies. On the other hand, a general beauty parlour is not equipped to handle technical problems of this kind at all.

How does a skin therapist deal with blemishes?

She knows which blackheads to remove without scarring, exactly what medications are good, what can harm, even if they are capable of showing instant, miraculous, but temporary effects. She can forewarn the danger of a general medication, which will be effective in certain types of structures. She is able to prescribe and use stronger and more effective stuff than the non-medic.

A beauty dermatologist can "touch out" with a hairlike electric needle those red, broken whiteheads, milia (small cysts), and make sun and age spots vanish with a hairlike needle. For a woman who has trouble mapped out, several treatments, often a maintenance course for life, may be necessary. Lots of small and ugly broken veins and black spots are caused by too much of hard pressure and undue tampering at a beauty salon. A deep cleansing at home with infected nails and over anxious hands can result in serious trouble.

What is the latest for freckles?

A beauty dermatologist can remove freckles, brownish sunspots or scaly bumps, by a variety of therapies including cryotherapy, a "cold-burn", or electrodessication (a warm burn). With cryotherapy the therapist just touches the offending flaw lightly with an applicator first dipped in liquid nitrogen (—195° C) or with a pencil-like needle of carbon-dioxide (—78°C). This freezes the flaw and causes it to shed, giving the skin the desired look.

The "warm burn" electrodessication is accomplished by using a hair-thin electro-surgical needle that singes the target area. The fineness of the needle, and the low voltage of the electric current are easier to control and, at the same time, the results are excellent.

When a spot is treated, the therapist is trying to restore a very delicate balance. After a light, destructive treatment is done on a spot, a reasonable colour can be established. The skin looks like any newly healed area, but in a couple of weeks turns normal and the pink colour fades.

What can be done about red and blue vessels?

Red and blue veins normally appear on the nose, forehead, cheeks and legs. These small, dilated blood vessels can be treated by electrosurgical means. A very fine needle is threaded into the blood vessel. This blocks the flow and it is no longer visible.

On the legs the bluish-red lines are usually deeper and trying to burn them out in the same way would often leave scars. Dr. Barnett prefers to inject a sclerosing solution that closes up the "inner tube" of the blood vessels. It works only for the smaller bluish-red channels. Once they are large grapey varicose veins, surgery is usually required.

Is it risky to live with a mole?

Ordinarily, a mole is not dangerous, but there is no reason to live with it either. The normal danger signal to watch for is increase in size, colour change, irritation and bleeding of the affected area. If any one of these symptoms takes place it is essential to set a dermatologist immediately. She would use any surgical blade parallel to the skin surface, shave it off, and then apply a caustic hemostatic agent to stop bleeding and the mole disappears. There is no case to date of a mole treated this way, ever developing malignancy. Make-up can be used on the area the next day.

What about warts and skin tags?

Warts are caused by a virus and should be taken care of before they become bothersome. A skin therapist removes it according to the location and size. They have, however, to be looked into because there is a tendency to spread and grow. Skin tags can simply be snipped off, or burned off instantly.

What is dermabrasion?

In regard to the face, dermabrasion or surgical planning is a smoothing operation to minimise wrinkles, removal of scars and the evening out of ridges, and heavy side-effects of severe acne. It requires great skill and is undertaken only in specially selected cases. In the process, a motor-driven dermabrader cleans the skin with a brush attached to the dermabrader. More superficial abrasion can be accomplished with a smoother disc known as a diamond fraise.

There is no need at all to panic. A skin refrigerant (often ethylchloride) is first sprayed over the area to firm the skin and freeze out pain. Imperfections can then be abraded, with various sizes and qualities of wire brushes. After being bandaged the patient can go home. For postoperative pain or discomfort, asprin is taken. In the course of a few days a crusty surface develops, which will shed in ten to 12 days leaving a pinkish coloured surface which finally fades.

What is chemical peeling?

Some doctors prefer chemical peeling, especially for the eyelids and lips, while there are others who feel that dermabrasion is better for rejuvenation. Often one treatment is used in conjunction with another. Essentially a chemical peel involves the application of a caustic substance such as trichloracetic acid or phenol in varying strengths.

In dermatologic peel, anaesthesia is given and then the chemical peel is done. In a matter of minutes the top layer of the skin turns whitish-grey. Later, a brown crust forms, and generally after three to five days, falls off, leaving the skin pinkish, with the lines and wrinkles less visible. After seven to ten days when the crust falls off, the peeled skin looks pink. You may want, years later, a refresher-peel, or a bit of retouching can be done if required. As far as possible, the sun should be avoided.

Can anything be done about fatty facial pounches?

Depending on the size and the position, these can be removed or reduced. Instead of surgery, which is the usual thought that first comes to the mind, they could sometimes be injected with cortisone preparations which may diminish the size.

How is silicone used?

Pure liquid silicone is being increasingly used to correct any number of defects where the object is to fill out a depression or remove a defect due to the loss of tissue in the skin or deeper causes. As silicone is an inert substance in the biological system, the body does not react unfavourably to its presence when it is properly used. Some of the major corrections done with pure liquid silicone are of the prune lip, paranasal tissues (nose to mouth lines), forehead lines and glabella, furrows between eyebrows, chicken-pox, acne, drug addict's scars as well as facial hemiatrophies.

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FIRST INDIAN BEAUTY CLINIC ABROAD

The multiple injection technique usually requires several visits to the doctor, often at intervals roughly a month apart,depending on the seriousness of the problem. One treatment costs about Rs. 500.

In the process, a hairlike needle is used to inject silicone (about 1/20th of a ml.) into the skin. It is interesting to see how a scar or furrowed ageing line can almost visibly, instantly disappear. The depressed scar fills out. It is fascinating to watch Dr. Barnett at work. He is very particular that the quantity of silicone used is very minute. In an entire sitting he might consume less than one ml. of silicone but may give 20 or more injections.

The common question normally asked is whether silicone is carcinogenic. During the course of my study in New York I saw several hundred women come to Dr. Barnett to have their lines, scars and wrinkles filled in. He is convinced that it does not cause cancer as it is an element which is already in the system, lining arteries and capilleries of the body and heart.

I questioned Dr. Barnett about the highly publicised case of Las Vegas show girls who had silicone injected into their breasts and later died. He explained that a certain amount of silicone was harmless. Overdoses, as with any other medicine, could prove fatal. What had actually happened was that the showgirls, realising that silicone had the capacity of enlarging had it pumped into their breasts at bullet pressure. The result was that the entire bust got swollen, developed various complications, resulting in death. Whether silicone is completely safe for public use or not is, to my mind, still a debatable point. Over the years doctors are finding out new side effects, good or bad, of silicone. The western world however, is now under the spell of silicone injections.

It was educative to work with and under Dr. Barnett, watching the dermatologist/surgeon in action and to see the miracles he worked on his clients. And he was gracious enough to answer the many questions I asked during the treatment. Silicone therapy is also used in the West in cases of breast cancer, etc. where a complete artificial breast is to be produced and in bringing a shrunken breast back to normal size. So silicone has become standard treatment in the West. A woman walks in with lines and walks out without them; another walks in with an ageing and wrinkled face, walks out unlined and unwrinkled and young. When I asked him how long the result of this would last, he said the patient would be required to visit him once a month for six to eight months and then come in for a couple of silicone shots on problem lines as and when she felt they started bothering her again.

Today, in dermatology, marrow is second to the embryo pack. In my opinion however, for smallpox scars, diffused therapy, pigmentation and acne curative therapy and a pore-porcelaining level, marrow is better, keeping in mind the scar and wrinkle dermabrasing effects.

Tell us about your visit to the beauty clinic in New York.

I studied for a short while at the famous salon of Christine Valmy on the Plaza in Fifty Avenue in New York during my recent visit. The clinic held me spellbound. Women were literally streaming in to have the embryo pack. The normal cost of a facial was between Rs. 500 - 1000 depending not on individual requirements but client demand. It was fascinating also to watch how western psychology worked.

Her adventisement read, "Have a facial at Christine Valmy's. She is the most expensive in the world. Sip champagne in her company, especially bottled for her in Paris and flown into New York. Leave the salon with a rose." What champagne or roses had to do with dermatology was completely beyond me. It projected to my mind an idea of superficial luxury.

Another ad. read, "Her cremes are the most expensive in the world." They must have been as the price quoted for a small jar was Rs. 1,300. Compared to this, the modest amount we charge in India for the service we render is unbelievable. Maybe we do not have the latest gadgets. But the hand massage given to an individual client, the extensive and comprehensive knowledge that goes behind each treatment, and the individual therapy are far better than the best they can get in the West. We have time to sit and mentally analyse each problem. We take time to relax the client initially. I came back from New York and London feeling that the service I have to offer to my client is better than any other place I have seen—minus champagne and roses!

What is this latest innovation, the fresh cell therapy?

There are various methods of keeping the skin vital and beautiful for a long period. The latest skin technique of embryo pack or fresh cell therapy has been developed by Dr. Paul Niehans. He has proved that a living cell can not only be kept alive but also healthy through the miraculous vital properties of the unborn embryo. He has come up with this successfully formulated technique to incorporate in conventional emollient formulations the vital substances found in unborn living tissues, in order to revitalise the skin cell.

Dr. Niehans, the inventor of the Fresh Cell Therapy, has successfully treated over 65,000 patients. What is the secret behind this unusual medical technique? He feels that a used up or weakened organ can be regenerated through a therapy of cells which has a positive influence upon the entire functioning of the body. Pablo Picasso, Sir Winston Churchill and other world figures have been known to be admirers of the fresh cell therapy treatment at Dr. Niehans.

Based on forty years of research, he has furthered the cell therapy concept and developed a unique method to apply fresh cells directly from the outside to penetrate inside the skin. The method is based on a newly discovered method to preserve the active vitality of unborn fresh cells to allow their use in topical preparations. Fresh tissues and skin cells have been used with outstanding results in the treatment of skin problems ranging from dermatitis to allergies, scales, excessive dryness, senile decay.

Living placenta tissues are combined with Asian toning plants to help control the excessive secretion of the sebaceous glands in the skin. The overnight application of the placenta creme mix firms the skin and reduces pore openings. He blends lyophilized skin tissues with highly active natural oils to stimulate the skin and revitalise its activity. This is an excellent treatment for dehydrated skins as it helps to retain moisture.

The embroyonic fluid in the human placenta contains substances necessary for the formation and health of living matter. Loss of elasticity is one of the first signs of ageing skin and so the vital element of the living unborn cell is used to give the skin elasticity and by this superficial lines and loose skin have been known to smooth out. The human placenta extract, phytostimulines, and essential oils are combined with living lyophilized embryos to bring about instant beautifying and life-giving properties.

We hear you will be the first Indian to open a beauty clinic outside India at a level where they plan to buy your franchise?

Yes. I plan to open in London in March under the trade name "Shahnaz". The Irish skin therapist, Madame Helene Colyle, who plans to buy my franchise had a market survey done on me by a local investment firm. They felt it would do very well. They plan to play up the idea of an Indian herbal clinic with cremes and packs custom-made for British skins and flown into U.K. They felt that the clinic would do exceptionally well as foreigners are now completely tired of the department store technique where a dozen painted girls with no knowledge of dermatology are trying to sell a medical commodity as if it were cheese, the price difference being not based so much on quality as the trade name and the elegance of the jar! The fact that a British skin therapist is all set to buy an Indian franchise itself shows that they find us genuine. For our country where most affluent women live and die with a "foreign cream complex" this should be an eye opener!

Why are they buying the name "Shahnaz" and not "Woman's World"?

Because the market survey says, "We feel the personal charisma behind Shahnaz Husain would be more powerful than a bland Woman's World. Also being an Indian with an international standing in skin therapy the western woman will seek her brand name in her search for Indian herbal therapy."

What do you think of packs sold in tubes at an international level?

Beauty treatment is not a toothpaste therapy. Like no two finger-prints are alike, no two skins are the same. So how can the same pack help every client? Therapy must change from client to client, keeping in mind climate, individual skin problems and sensitivity. A skin treatment is not like a lipstick colour made to suit the whole world—depending on one's personal choice. It is a highly sensitive medical treatment. I fail to understand how one creme or pack can suit Africa and Alaska!

Do you have any special plans?

Yes, I will run my clinic exactly on the same, slow, luxurious lines as I do in India. Every client, unlike what I have seen in the West, will be taken over as an individual human being, given all the love, care and attention due to her and the treatment and pack will vary with the individual's requirement. We will treat the client so exclusively that she would be emotionally spoiled for other clinics in the world! We will give each one individual attention—the way only an Indian can give.

How will it be staffed?

I have made it clear in my deed that it will have only Indian staff in the skin section. They have agreed. In beauty therapy emotional involvement is a necessity. I can get that from my people only!

PART ONE

IF I DIE TOMORROW

Shashi Deshpande

It's a piquant thought. If it weren't for the fact that a village doctor had once, in his benevolence, charitably looked after a poor widow and her children, none of us would have been here at all. There would have been no S.D.M. Medical College and Hospital. For, when the widow's square-jawed, dogged son got his first million, one of the first things he had done had been to endow a trust in his mother's name for a medical college and hospital which he hoped would be one of the best in the country. He didn't get much beyond staking out a plot; but his son, after the father's death, took it up with the same determination that gave his father his millions.

I've seen the son once or twice. Sethji, they all call him. He looks a typical successful businessman—shrewd, portly and complacent. But his eyes. . . I don't know why they remind me of Martin Luther King's words. . . "I have a dream." Yes, maybe you got to be a visionary to build up anything . . .a nation, a religion, a synthetic textiles business. Or a hospital like ours. A dream worked out in brick and stone.

But a hospital isn't just bricks and stones. It's people. . . the sick, the suffering, and the people who help them—the nurses, the ayahs, the wardboys, the sweepers, the administrators. And the doctors, whom the patients look up to as gods. But they aren't gods. They're men of flesh and blood, and even their professional armour of detachment has chinks in it. And on that, as they say, hangs my tale. . .

One thing is true. . .happiness is rarely conjugated in the present tense. Happiness always was, or will be. It never is. Now, looking back to the time before it all began, I feel we were very happy then. But, were we really? Was there a moment when I had said to myself, I am happy now?

But yes, I can remember a moment when it did happen. And, ironically, it was just before Guru came. I had been sitting, looking at the burnished copper of the sky from which the sun had just set. And I had thought I am happy now. This moment. And then Meera had come, plunging as she always did, right into the thing that was on her mind, saying to me with the face of a harassed child, "Oh Manju, what shall I do?"

With Meera anything that isn't glorious is a catastrophe. There are no in-betweens. So I had smiled and asked, "What's happened?"

"I'm going to have a guest."

"Since when did that worry you?"

"Oh, but listen! This is a cousin of Ashok's. He has some kind of a cancer and is coming here for treatment. But, Manju, Ashok tells me there's no hope at all. He's going to die."

Yes, Guru's coming. . . maybe that was the beginning. Now I wonder what kind of a man was

Guru really? A different man to different people, no doubt. Like we all are. But to me he had seemed to be a man above all human weaknesses, because he had crossed that dreadful barrier — the eternal human fear of death. I remember how, the first time we met him, he had said, "Let's do one thing, shall we? Let's accept the fact that I'm dying and go on from that."

I had laughed in sudden relief. I had been wondering what to say to a man so close to death. Though, reclining in a large chair in Meera's drawing room, he had looked like anyone else. A little more gaunt, maybe. A few more pain lines around his mouth. And a look in his eyes. . .

"You understand what others feel, do you?" I had asked.

"Yes, and it worries me that it keeps people away from me. They seem struck dumb in my presence. It puts a barrier between us. And now, more than ever. I don't want any barrier."

"But you are different from the others," Vijay had retorted with a small smile.

"Why? Because I know I'm going to die? But so are all of us. If I die today, you die tomorrow. Thomas More, by the way. Not me."

Now, I wonder if Guru really did come to look upon himself as different. A spectator, high above the others. That's when a man becomes dangerous. Yes, dangerous, for he loses touch with humanity. And, whatever Guru's motives may have been, the results were catastrophic...two people dead. And the rest of us shattered, trying to pick up the pieces, to put the shreds of our old selves around us again. Old selves? No, that's not fair. Guru was not the catalyst who changed us. He just showed us up for what we were.

Guru came to us just before summer. Summer was a bad time for us. Hemmed is as we were by the hills, we escaped the sea breezes. But we didn't escape the sultriness, the humidity. The least movement, the least exertion, was enough to release rivers of sweat. It was enervating.

For Guru, it had been a particularly bad time. The X-ray sittings gave him pain-filled days and nights. There were times of extreme weakness and lassitude. Bouts of high fever. But once he finished with the X-rays, he recuperated surprisingly well and fast. Very soon, you wouldn't have known him as the same man. He radiated a feeling of well being. He began to take short walks, dropping in on people when least expected.

What he really did was to make people talk. He made you say things you'd never have said to anyone else. Yes, me too. There was the time I used the phrase "cosmic accident." "One child

A man is dying of cancer, and everybody feels the brooding sense of doom except the victim himself

more or less," I had said petulantly, "what does it matter? After all, we all are ... what's the phrase?. . . Yes, cosmic accidents."

Guru had laughed, wincing slightly as he always did when he laughed. "Quoting Jacques Monot, are you? It isn't fitting when you're expecting your second cosmic accident in a few months! But seriously, Manju, you know, don't you, how a child is conceived, your Economics lecturership notwithstanding?"

I had nodded.

"Then think... all that marvellous timing, all that beautiful precision...you think the result can be an accident, cosmic or otherwise? No, Manju, there's always a meaning, a coherence. Only if you look for it, of course."

That was Guru. But, why am I concentrating only on him? There are the rest of us...we are important too. It's because we were the way we were that things happened the way they did. Do I sound very confusing? What I mean is, you can't escape certain things. Because you are the way you are, you will always react to a certain situation in a certain way. It's inevitable. And if that's not Fate, what is?

It's a beautiful place, our campus. We are, as I said, surrounded by the hills which keep the sea away. But the sea makes its presence felt in other ways. An angry murmur at night during the monsoon. Tarnished brassware. But, of course, there were compensations. Good shops, a good school, playing grounds, clubs, a library and what not. And, above all, our houses. Beautifully planned, modern, sunny and compact.

And yet I was...no, not discontented. That is too mild a word. It was worse, far worse. A pregnancy not going well could account for the lassitude, the feeling of bearing a burden, of being heavy and graceless. But it couldn't explain the forebodings and premonitions that filled me at times. As though something unpleasant waited round the corner.

"Oh, come on, Manju, don't be morbid," Gautam chided me when I told him about it. If it was odd that our Chief Gynaecologist was a man, it was, I suppose even odder that most of us preferred to go to him, rather than to Vidya Agarwal, our Dean's sister, as good professionally as Gautam. Perhaps the explanation lay in Gautam's air of casual charm, which I secretly thought was carefully cultivated.

"I've yet to meet an expectant mother who doesn't believe she's going to die in childbirth. You disappoint me, Manju. I'd have expected you to deviate from the usual. I expect the fact is Vijay isn't cosseting you enough. That's often the case with a second pregnancy. I'll talk to him."

"Oh, it isn't dying I'm afraid of. It's just..."

"Just what?"

"A feeling of doom."

"Like the Lady of Shalott?"

And both of us laughed. But there was no doubt things were not going well. Soon Gautam ordered me to take leave and stay at home.

"Until when?" I asked in dismay.

"Until your baby is born. Cheer up, your job won't run away. Nor your students either."

I had just begun my leave when there was that party at the Dean's.

I call it the Dean's party, but it was really Rani's show. Rani, who was more often in Bombay than with her husband. It was Vidya who ran her brother's home for him.

"Come in," Rani welcomed me. I entered feeling gauche and huge. Rani had that effect on you. A dainty woman, she had the face of a Rajasthani miniature, with large almond eyes and a straight nose. She was made up and dressed as none of us were, but it suited her.

"What's the occasion for this?" I asked her.

"The occasion? Didn't I tell you? What will you have? Just pineapple. The occasion, yes, Ram decided that since Guru is so much better, we should have a small get-to-gether."

For Guru? Was Guru so important to the Dean? As I stared at Rani's back, Vidya came up to me. Casually but elegantly dressed as usual. "Hi, Manju," she smiled at me. "How are things? How's...?"

"For God's sake," my voice was suddenly harsh, "don't talk to me about the baby. Isn't there anything else for me? Am I only a breeding animal?"

"What's wrong with being that?" she asked me calmly, Vidya who was not married. "That's one function in life. Get it over with and you can go back to being Manju. And relax. I wasn't asking about the baby, anyway. It's Vijay. Has he changed his mind about leaving, or have you changed it for him?"

I stared at her in surprise. "Vijay leaving?"

She saw my face. "You mean he didn't tell you? Well, forget it then. Must be unimportant."

"Unimportant!" I clutched at her arm. "Vidya, tell me."

"Please, Manju. I must have been wrong. Hello, Sunita, nice to see you in a sari."

"Without my gown, you mean? I can shed radiology sometimes, you know. It's Shyam who insists on being a surgeon all the time. Even in the bathroom. You should see him shaving!"

The words and laughter buzzed round my ears. Vijay thinking of leaving? And I knew nothing about it! Marriage means two people. But two people who have shut themselves off in two separate glass jars? Who can see each other but can't communicate?

"Hi, Manju," Cynthia's voice pulled me out of my thoughts. She patted a chair next to her with a large hand, as large as her smile. Nothing small about Cynthia. Except her patients. A paediatrician who loved kids, with a husband who was a kind of Pied Piper for them. And they had none of their own!

As I sat down, Tony came up with a small stool. "Here, Manju, put your feet up."

"I'm all right, don't fuss."

"No fuss, darling. Just being sensible. Come on, relax."

"Really, Tony!" I said in exasperation. But smiling at him.

"These little things," Cynthia casually remarked. "Tony's so good at them."

There was a slight acidity in her tone that grated on my ears. But what really caught my attention was Tony's look. He was staring at Cynthia with what I can only call a hungry look. Cynthia is extremely good looking in a statuesque way. But, for goodness' sake, I thought. She's his wife. He can take her home and go to bed with her. Why look at her like that? And then he turned away, while Cynthia went on with her usual composure. "Did you know this was for Guru...this party, I mean?"

"I just heard that."

"He's a strange person, isn't he? My Tony has taken strongly to him. They talk for hours. Though God knows what they have in common, Guru and my football playing Tony." Tony was a football coach for a school in Bombay.

"Humanity," I said.

She giggled. "Don't tell me you're getting philosophical and mystical too? Everyone seems to be bitten by that bug since Guru came."

Continued on page 41

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INTERVIEW WITH HER MAJESTY

FARAH PAHLAVI,

EMPRESS OF IRAN

George T. Paruvanani, a youth hailing from Kerala, is working with German Television for the last 12 years as a free lance producer-director. He is also a busy journalist and documentary film maker. In this interview with the Empress of Iran he probes into all the aspects of a busy, dedicated First Lady's life — her responsibilities, her work, her aspirations, her family life

..**G.T.P. In October of 1967, Your Majesty was crowned Empress of Iran. In the 2500 years' history of Iran Your Majesty is the first woman to be so honoured. How does it feel to be Empress of Iran at this exciting period in its history?**

F.P. I think that when my husband crowned me Empress of Iran, it was not a personal matter only. He wanted by that symbolic honour to honour all the women of Iran. I feel that I am more responsible and I have more duties and I am happy to be able to be in a position to help, in any way I can, my country and my people.

G. T. P. You have already answered my next question. Many people in the West think that being the Empress of Iran is a bed of roses. It's like the Cinderella story, they believe. Actually, this cannot be so. It must be quite a strenuous life.

F. P. Well, I think that in everybody's life there are difficulties and pleasures. I have many possibilities of enjoying life because of what I am. And it is also obvious that with the work I am doing, there are times which are difficult, when I get depressed. But I accept this as a part of life. To enjoy life and the beauties and possibilities the Creator has given us and also to face the difficulties. I believe what our ancient religion says, that light wins over darkness finally. We have a saying in Persian which says, "The one who has more roof has got more snow."

G. T. P. Do you and the Emperor dream of restoring the past cultural glory of Iran?

F. P. It is very important for both of us. And my husband has always taken great interest in the culture and art of this country, in its civilisation, in its past history. As for me, I am even more involved in that field. I think that it is very important, when we make progress economically or militarily, to keep our own culture, our best traditions. We should give our people a decent standard of living. But a man needs much more than material goods to be happy. His spiritual needs, too, are important and it is equally important to be anchored to one's indigenous culture.

G. T. P. In the industrialisation and westernization of Iran there is danger to old traditions, values. People are trying to be Western in Iran, what is being done to diminish these dangers?

F.P. Of course, it is important for countries of different civilisations to have much more contact, closer relations, because I think in today's world there is no one ideal way of life. We can learn from other cultures and at the same time, maybe the ancient countries with ancient civilisations could help the western world to find a solution to its spiritual and emotional problems.

G. T. P. Your Majesty is the Empress of Iran, but how much power do you really have? Do you have to get His Majesty's okay for all your decisions? Or can you decide on your own?

F. P. Well, there are many projects about which I have to discuss with my husband and get his okay. But there are many others on which I can act on my own. But I always believe in dia-

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INTERVIEW WITH HER MAJESTY, FARAH PAHLAVI

logue and discussion and I see our Prime Minister, our ministers, once a week and we talk over problems and decisions.

G. T. P. Now, should anything happen to His Majesty before the Crown Prince is 21 years of age, Your Majesty would be automatically the ruler of Iran. It's a very great responsibility. How exactly does Your Majesty prepare yourself for this?

F. P. Well, I hope, I pray God, that this will never happen, but I have been more and more involved in what is happening in my country socially, culturally, and politically without being directly involved in politics. I have regular meetings with our Prime Minister and ministers and talks with my husband and my husband has set a programme for me and our son to meet different officials in politics, government and military, to explain the different subjects and prepare us for responsibility. And my husband has written, he says, his political will. He has told the people who matter the way he wants this country to be governed when he's not alive one day.

G. T. P. Now turning to women's liberation, would Your Majesty tell me how far the women of Iran have progressed in this direction?

F. P. Well, there has been tremendous changes in the life of the women of Iran. In just 13 years Iranian women have won the right to vote and the right to be elected. And the problem of polygamy, the problem of divorce, the problem of who takes care of the children, have been tackled.

G. T. P. But there are some laws which still shackle women? Like that an Iranian woman cannot leave Iran without her husband's permission?

F. P. Yes, but public opinion is that it can destroy families, it could create difficulties between husband and wife. I don't believe so, but I don't believe that this is very important either. Glaring injustices have been removed. And we have a Ministry for Women's Affairs under a lady and she's studying the laws to make the little changes needed for our emancipation. But, you know, we are a Moslem country, we are a traditional country. We have to progress slowly instead of trying to impress the West with drastic reforms.

G. T. P. Your Majesty, to change over to an entirely different subject now, what do you think should be the role of cinema in a developing country like Iran? Only entertainment or should it also educate?

F. P. I believe that in our case, as in the case of other developing countries it is very important for films to combine entertainment with education. Entertainment is easy. But trying to educate them is more difficult. And the audio-visual medium is very important, it has much more impact on people.

G. T. P. Your Majesty, I was told that some film makers whose films were rejected by the Censor Board have appealed to you and you have been able to help them. Is that true?

F. P. Yes. I have. I got His Majesty to see the film and he thought that it was okay. And then the film was released.

G.T.P. Your Majesty, now I come to Your Majesty as an individual. You may answer these questions only if Your Majesty wishes. The transition from a happy-go-lucky teenager to being the Queen of Iran. Wasn't it very difficult?

F. P. In those days, I was a little bit in the clouds, not knowing what was happening to me. It was when I saw the problems of my country — the need to solve them and became more and more involved that I realised how difficult my life was going to be. Of course, when you are young you think you can change everything. But now I am more aware of what we face. And what I miss now is the freedom one has when you're a nobody. To be able to go in the streets, to have contact with ordinary people and not to be always surrounded by body guards. Sometimes it's the only feeling that I have and which I know is the real me.

G. T. P. Your Majesty had a very hectic day today. Is that normal in Your Majesty's life? That everyday is so hectic or do you have some time for yourself, for your family?

F. P. Well, today, I must say, has been rather a hectic day. I have days which are like that. Every moment there is something happening and I have to do something. But I have also time, a little more time in the afternoons, to see my children, to spend time with them, or before dinner. But you know the problem is that one has always something to do. The work is never finished. And I always say that I will take a few days to finish reading all the reports, all the things to think about. Then I will have time for myself. But this time never comes. So I have really to force myself to save some hours during the day for sports or for relaxation, because I see that my work will never finish.

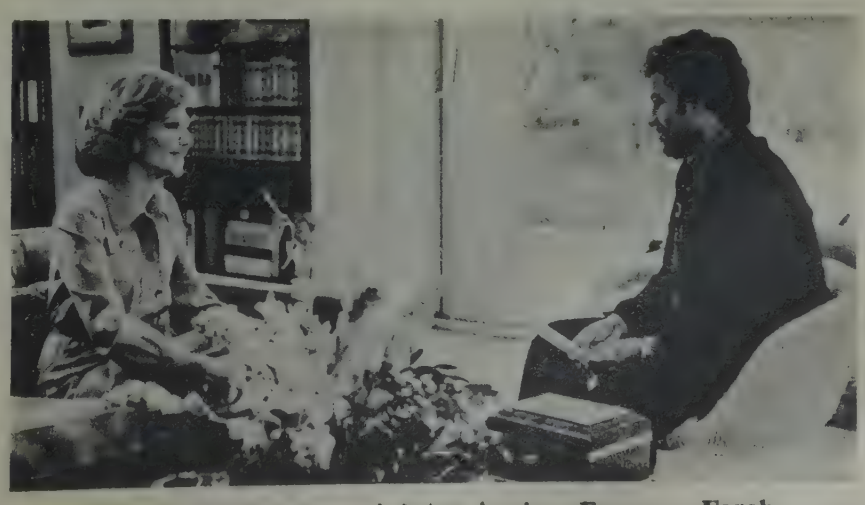
G. T. P. Does Your Majesty have any friends? His Majesty once said that in his position it's impossible to have friends. Is it the same for Your Majesty?

F. P. No, I am happy to say that I have friends, we have been friends for almost 25 years. We've been in the same class in the same school. And I see a lot of them.

G. T.P. And now I come to my last question. What are Your Majesty's dreams for yourself, for your family and for Iran?

F. P. I hope that our country will make progress — material, industrial, cultural and human. And progress which will not destroy nature, which will not destroy the human being. And I hope that Iran will be able to find some ways to make this progress and that our people will be happy enjoying the good life. I wish that for the whole world it will be peace and understanding. For my children, I hope that they will be healthy and happy in the future and have a good life. I hope they will be responsible children, able to stand on their own feet and that when they get married they find the right persons to be happy with. And to have a sense of responsibility towards the country and themselves.

G. T. P. Your Majesty, thank you very much.



George T. Paruvanani interviewing Empress Farah

THE HORMONE THAT KEEPS YOU YOUNG

Continued from page 9

three years after which the dosage can be gradually reduced and then eased off. A sudden stop is not advisable till the body has got used to the new lower level of estrogen.

The question most commonly asked by women going in for ERT is. does it cause cancer of the breast or the uterus?

According to Dr. Pandya there is no statistical proof that estrogen causes cancer. "Of course, should there be a family history of the cancer then ERT may be contraindicated or should be undertaken under very close supervision of an expert," she says.

In fact, supporters of ERT feel that the right sort of estrogen can protect a woman against cancer and blood clotting disorders. It is only a question of choosing the right kind and right dosage of estrogen to suit the body. Doctors have warned that indiscriminate use of estrogen can be dangerous.

"Without proper evaluation of the estrogen level a woman must never venture to resort to ERT," said Dr. Pandya. Very often the miracles of a drug are spread by word of mouth, but what may be good for one woman may be disastrous for another.

ERT can be started as soon as a deficiency is registered and continued as long as the body requires it. ERT does help a woman to overcome some of the problems that occur from lack of it, but if a menopausal woman expects that she will regain the sense of fitness and youth of her twenties then it will be disappointing. As they say, "We cannot turn a 70-year-old vagina into a 30-year-old one. But we can take a 35- or 40-year-old vagina and keep it that way."

Lastly, the question on most women's lips: How much does it cost to undergo ERT? Is it reserved only for the upper classes and the rich party goers, or can a middle class housewife experience its therapeutic wonders too? "A hormone level check once a year followed by treatment, if required, can cost much less than the complications that may occur from lack of knowledge." says Dr. Pandya. "I have seen women going to psychiatrists and heart specialists and wasting money and anxious hours when all that was required was reassurance and/or ERT. Why suffer from unnecessary things for which there is help?"

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SIMOES/RTI/03/77

TRIUMPH OVER TRAGEDY

A HUMAN INTEREST STORY AS TOLD TO **Vrunda Moghe Dev**

When Bai Ma's friend said that she felt embarrassed to take her for prayers because everyone turned and laughed, Bai Ma retorted, "Thank God they are laughing, it would be horrible if they cry looking at me." Miss Umefarwa Sher Mohammed, fondly called Bai Ma, is one of those persons who seem to be utterly unaware of their afflictions. Bai Ma lost her eyesight at the age of three in an attack of small-pox.

I met her at the Aga Khan Palace at Malabar Hill (now known as the Munirawabad Training Centre) where she is convalescing after an abdominal surgery. Hailing from a village near Bhuj, Kutch, Bai Ma came to Bombay to get herself treated for blindness and a stomach complaint. She had appealed to a few philanthropists of Bombay and after some effort her prayers were answered. Somebody paid for her travel and hospital expenses.

On her way to Bombay, she and her 90-year-old mother halted for a night's rest at a dak bungalow in Bhuj. In the early

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LEFT: Eye-catching bird, unusual wall hanging, elegant evening bags, coasters in different shapes, table mat and jewellery pieces—all exquisitely finished.

ABOVE: Decorated with a myriad beads are the lovely mug, coconut, colourful matakas and birds.

Be 'with it'— with the wild-flower colours...

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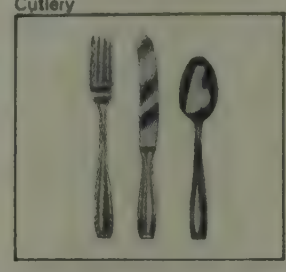

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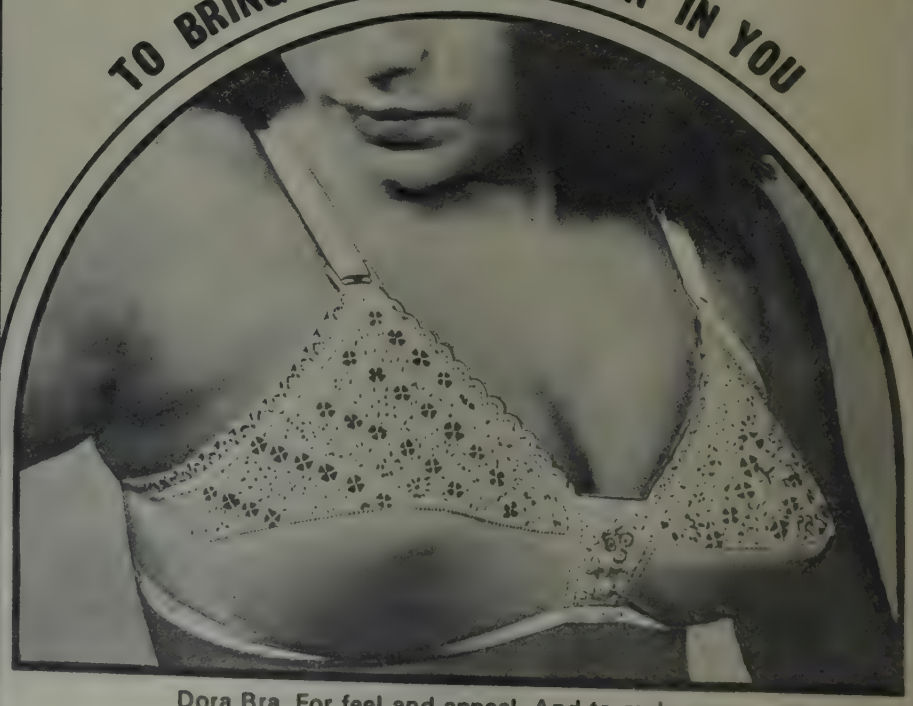

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IMPACT

CONFIDE YOUR PERSONAL PROBLEMS TO DR. MABEL FONSECA C/O EVE'S WEEKLY. DR. FONSECA IS A LEADING MARRIAGE COUNSELLOR AND WILL ANSWER YOUR QUERIES EVERY FORTNIGHT

NO HASTY DECISION

AVOID ANY DRASTIC STEP

A stenographer aged 19 had been very close to me for the past five months.
I am a married man of 33.
I have fulfilled all her wishes and shared the most tender moments with her, including sex, with the knowledge of my wife.

Since she got a new job she has changed completely. She refuses to recognise me, and does not even tell me why she left so abruptly.
I am deeply hurt, and a feeling of hatred and revenge towards her has crept in me.
I am very much disturbed and will take some drastic action which may be detrimental to any of us.

Different types of people make the world. This girl gave herself to you as only a means to an end, and you too have taken the utmost advantage of the situation. She did not expect anything more from this relationship than the job, and surely you would not have given up your wife and family for the girl. Since there was no deeper understanding between both of you maybe she felt it best to end the matter as soon as possible. Perhaps she felt that she had paid a heavy price for it, and therefore there was no need for an explanation.

You should not be revengeful and in future, if you wish to help genuinely, seek no rewards. Let this girl lead her own life. You have a responsibility to your wife so maintain a happy family life, being grateful to your wife for what she has endured. And don't take any drastic step.

GIVE IT A SERIOUS THOUGHT

The boy I love is adopted and is my mother's cousin, therefore, my maternal uncle. We are Hindus from North India and wish to get married. Both our families strongly oppose this match.

If we go in for a registered marriage, will it be legal? If yes, is it advisable?

If the custom of your community permits marriage between close relations, then your marriage can be legal.

Whether it is advisable is a delicate question and depends largely on what the two of you feel about it. But you should give this a serious thought — why your families oppose it so strongly. The only difficulty they envisage most probably may be due to future of the children. So find out if there are severe hereditary deterrents, such as some hereditary disease in the family for at least six generations. If in every other way the boy is suited to you and there are no genuine abstacles, then only you should consider marriage. You are both young, so take your time and decide.

TRIUMPH OVER TRAGEDY

hours of the morning. Bai Ma got up to visit the toilet. When she stepped out and walked a few steps, she fell into a well. She did not know swimming and sank, but suddenly she felt something pushing her up. She felt a whiff of fresh air on her face and, gathering all her strength, she managed to hold herself against the wall. After the initial shock, she shouted for help. When people heard her shouts, they came and helped her out. The surprising thing was that she never lost her breath. Religious as she is, Bai Ma called it divine help.

All through her life in an obscure village, Bai Ma has been constantly working and facing life as it came. Her mother had lost ten children and she was the only surviving child with the irreparable handicap of blindness. But not once did her mother say that she was a burden. It was a joint family and they owned goats, a horse and a camel. When the property was divided Bai Ma and her mother got only a small share, but they did not complain.

She had learnt bead work from her cousin and made caps for children and sold them for as low a price as seventy-five paise each. Many a time she made toys and distributed them free to the children. Their blessings alone, Bai Ma reflected, have helped her to face the tragic situations that came her way. In her little village, whenever her mother went out to work, Bai Ma was locked up lest she fall victim to some evil, but Bai Ma never felt dejected. Her coming to Bombay and her meeting so many people at the Centre and the hospital gave her a taste of the outside world.

Sitting in a corner, Bai Ma said that she had always wanted to study. When someone arranged for a tutor in Braille, she picked up her lessons remarkably well. She could not attend the blind school as she was over thirty and she also had to look after her old mother. But whatever she could study, she looks upon it as her treasure. She proudly recited the alphabets when I asked her about her interest in English.

She asked me quietly, "Are you a Vaishnav or a Jain?" I told her that I believed in all faiths. In seconds, the room was filled with sounds of bhajans in praise of Krishna and the Gopis. Singing in a typical Kutch folk music style, she was completely lost. Her eyes are always closed, but after a while I felt that she had closed them in complete devotion. Had I not known to the contrary, I would have strongly believed that she had had formal lessons in music.

Mrs. S. Padamsee, who has known Bai Ma ever since she arrived in the city, narrated a touching episode. Bai Ma came to know of a certain blood donation drive and pleaded with Mrs. Padamsee to take her there. She was told that perhaps her blood would not be accepted but she was insistent. Finally, Mrs. Padamsee took her there. After a few tests, she was declared fit to give blood. She was thrilled. When she was about to leave, the then Sheriff of Bombay, Mrs. Leela Moolgaokar, arrived. When the Sheriff came to know about Bai Ma's donation, she took her to the stage and made her sit there as a guest of honour. On her way back, Bai Ma said that whoever accepted her blood should be able to do some good work, only then would she feel rewarded.

On another occasion, Bai Ma wanted to know what there was in the piles of books in the Padamsee household. She felt the rows of books with her fingers and kept asking what was written in them. When someone said, "What a pity, Bai Ma you can't read these," her quiet retort was, "At least you can read them and tell me what they contain."

While in her village, they were told that the Aga Khan was to visit Kutch. The old mother wanted to go to the city but nobody was ready to take them. Somebody was however kind enough to leave them at the station, but after that further progress seemed impossible. Bai Ma did not know which train to take but, somehow, she managed to board the correct train with her mother. The train was overcrowded and they tripped over heaps of luggage and people. Bai Ma and her mother sat in a corner and travelled in great discomfort, but they reached in good time to see their spiritual head. Bai Ma's determination is perhaps her strongest asset which pulls her through any calamity.

I expressed the wish to see her bead work. With the help of some identification marks on each bottle, she could tell me the colour of beads in each one of them. She threaded the needle with the help of a horse hair and started on a coaster. Her geometrical patterns were so perfect that it could beat the patterns of a sighted professional. Occasionally, Bai Ma said, she forgets the colour of the beads she had used the previous day, so she asks her mother and then continues with her work.

Even for a small piece of work, her mother and Bai Ma argue over the colour combinations. Many times, her mother insists on a certain colour and Bai Ma refuses to use that. But such arguments only prove that they behave like normal living beings and their spirit has not been crushed. Bai Ma gives the same meticulous attention to every piece she makes, big or small, and she derives immense satisfaction from having worked for a livelihood.

Bai Ma sews her own clothes and cooks her own food. In no way does she want to be dependent on others, she said. On the day I met her, a party of fifty women had come to visit the centre. As they gathered around her in curiosity, her excitement knew no bounds. There was a child-like wonder on her face when she talked to everyone of them.

When I got up to leave, she said, "After saying Salaam, you will go away, but how can I forget that you spared so much of your time in talking to me?"

I told her that I would pay her another visit sometime. She was thrilled and made me promise. She walked confidently till the door, and waited till she thought that I had gone.

2 design

A fashion conscious, Seerat enjoys doing anything that is creative and where she has a free hand to do it. Inspired by nature, with its breath-taking colours and designs, she has created a fantastic range of ready-to-wear outfits for all seasons and occasions.

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Photograph: Rabbi

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Neilu Arora, a designer from Bombay, has her own free style in designing and has captured the individual look to suit your mood and style. She believes in exclusive original creations, and has given us one of her best selections from her wardrobe, which are styled for a casual, relaxed mood and which lend themselves to ease and grace.

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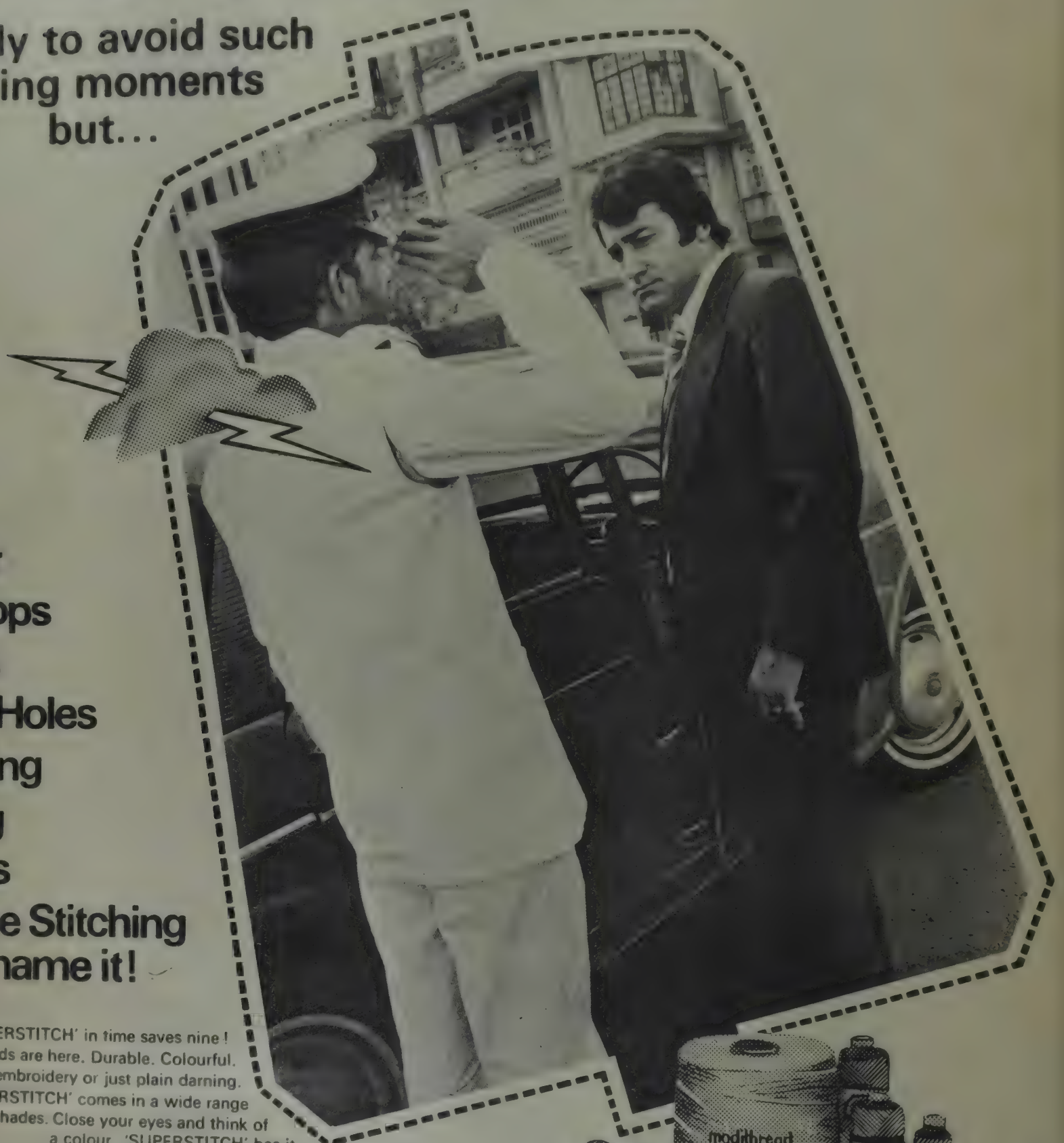
Photograph : Farokh Reporter

There are times you wish your tailor had used

SUPERSTITCH

not only to avoid such embarrassing moments but...



even for
- Belt Loops
- Buttons
- Button Holes
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- Darning
- Casings
- Machine Stitching

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INTERADS

Switch to SUPERSTITCH

Modithread Mills, Modinagar, U.P.

The all purpose thread from **modithread** sold in over 40 countries.

FACE LIFT SANS SURGERY

Pushpa Hans

Anu Bhatia, the enterprising young beautician of Anu's Cocquette Beauty Parlour in Delhi has several courses in beauty and skin therapy to her credit. She was trained under Arnould Taylor, one of the world's most famous health and skin therapists. Her latest, the Electronic Exerciser for face lifting, is a magical little gadget introduced for the first time in India. It gives a youthful look to ageing skins — ideal for those over 35-40.

This gadget gives the face a lift without surgery. The treatment starts with deep cleansing of the skin. Every trace of make-up, dirt and grime is removed.

Before commencing the treatment, a specially formulated lotion is dabbed on the skin to be treated. This is followed by a special hand massage for 20 minutes. Next comes steaming. This, however, is done only once a week.

Now the actual treatment starts with exercising the face for 30 minutes with the Electronic Facial Exerciser. This gadget has been specially designed by physicians and engineers in consultation with doctors and leading beauty therapists . . . it is the ultimate in modern, scientific facial care.

The face and the neck, like the rest of the body, need proper exercises to keep the sagging muscles firm, and also to maintain proper circulation to nourish the skin. The Exerciser induces exercise of the important muscles which support the facial contours. The expert knows each and every facial muscle well. These muscles are mainly in the areas around the eyes, cheeks, chinline and neck. The Exerciser not only exercises these muscles but stimulates blood circulation too, thus nourishing the skin and ultimately producing a better skin texture and colour. It also improves the tone and elasticity of these muscles so that the lines and wrinkles are reduced.

Our skin is attached to the underlying muscles and each movement of these muscles is followed by the skin and it creases into that movement, forming lines. The Exerciser helps not only the muscles that can be exercised voluntarily but also muscle fibres, so that the muscle pull is different — and that helps to erase off the lines already formed. The entire process is painless.

In all, 10 sittings are required, spread over a period of a month, with three sittings a week. Each session takes about an hour and half. The effect of the Exerciser lasts minimum of a year, and more if proper care is taken. Clients are taught to do facial exercises at home and if these are done regularly the effect lasts much longer. The process, however, can be repeated after a year or even six months, depending on the condition of the skin. The cost of the treatment is around Rs. 500.

Anu Bhatia (right) giving a face lift with the help of the Electronic Exerciser.

LEMON FOR BEAUTY

Lemon is a concentrate of vitamin C. It is used as a prevention against cold, it increases the body's resistance to infection and it has an antibacterial action. It is excellent for those on a weight-losing programme. It contains glucose, mineral salts, calcium and iron.

Lemon juice helps in depigmenting the skin hence is useful for those suffering from pigmentation, blotchy skin, etc. Lemon juice is best taken diluted. If taken neat, the malic acid and nitric acid it contains in large quantities, irritate the gastric mucus membrane, resulting in stomach burns. It also affects tooth enamel.

The best seasoning for lettuce or any other green salad is lemon juice. Vinegar is contra-indicated in all cases of stomach or intestinal disorders or for people suffering from nervous strain or anxiety.

Dentists also advise against the regular use of vinegar, as it has a harmful effect on the teeth and because it irritates the mucus membrane of the mouth and the digestive system.

Lemon stimulates blood circulation, reduces arterial pressure, helps reduce weight in obese people, activates bile and intestinal secretions and produces a general feeling of well-being.

Lemon juice, when added to cosmetics and creams, has been proved to be beneficial. It fluidifies the blood and accelerates normal coagulation, thus bringing down the blood-pressure. It checks proliferation of harmful germs and is often recommended by doctors as a prevention against gout and rheumatism. Migraine is relieved if lemon juice is rubbed on the forehead.

The lemon has come into the beauty world in a big way too. One tablespoon of lemon juice taken in half a glass of water just before lunch or dinner will take the edge out of your food. In the morning, take a hot glass of water mixed with lemon juice. This will lend a glow to the skin, keep gums healthy, ward off colds and add sparkle to your eyes.

A good combination is the juice of half a lemon and an orange squeezed in a glass of hot water sweetened with honey. Taken first thing in the morning, it will ward off the harmful effects of the routine morning tea, flush the entire system and help relieve constipation.

It is used to bleach elbows, heels and toes. Rub lemon halves on the areas to be treated Rinse off.

Lemon juice mixed with fresh rose water and glycerine makes an effective hand lotion.

To smoothen hands, take the juice of a lemon and granulated sugar and rub together till it is dissolved. Rinse off. Follow this treatment daily for a month.

Lemon juice added to boiled and strained tea water makes an excellent hair rinse. Use immediately after a shampoo. It highlights dull hair, making it shiny.

For obstinate intestines, dilute two tablespoons of lemon juice in hot water, add prunes and a few raisins. Soak over night. Take first thing in the morning.

Shahnaz Husain

THE LITTLE WOMAN

by Don Tobin

HEY BEST! DO YOU LOVE ME?
OF COURSE I LOVE YOU -
THEN PROVE IT! LET'S GO TO THE MOVIES TONIGHT!
TONIGHT?
YOU KNOW TONIGHT IS MONDAY-NIGHT FOOTBALL!
I KNOW... BUT IF YOU LOVE ME, YOU'LL TAKE ME ANYWAY -
O.K., I'LL TAKE YOU - GET YOUR HAT!
YOU ARE A LIVING DOLL!
10-23
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HOW CAN I EVER MAKE IT UP TO YOU?
JUST BE STANDING HERE WHEN I PICK YOU UP AFTER THE GAME!
NOW
LOVE and KISSES

HAHA world of laughter

"Ingabord," a house owner informed his cook earnestly, "my mother-in-law flies in this afternoon for a two-week stay with us. I've made out for you this list of all her favourite dishes."

"I've got it," nodded Ingabord.

"Furthermore," concluded the house owner, "if you serve a single one of these dishes while she's here — you're fired."

* * *

In a jam-packed bus a young secretary was having difficulty fishing for a quarter in her purse to pay her fare. A stalwart gent standing next to her volunteered, "May I pay your fare for you?"

"Oh no," she stammered. "I couldn't let you do that. After all, you're a total stranger."

"Not really," he told her. "You've unzippered me three times."

* * *

Alibi of the season: Dropping into the office unexpectedly a trusting wife found her husband with his mini-skirted blonde secretary firmly established on his lap. Without hesitation, the resourceful husband explained, "You see how terrible business is, Minnie? I've had to start studying to be a ventriloquist."

* * *

A TV salesman tried to sell a set to Mr. Wynn. He really put it on: "Imagine, you can sit in your hotel room, press a button on your TV set and a gorgeous, sexy girl is suddenly in front of you."

"Big deal," said Mr. Wynn. "In the hotels I stay in I get the same thing without television."

* * *

"My wife has a terrible habit — I can't break her of it — she stays up every night until two and three in the morning."

"What the hell is she doing up that late?"

"Waiting for me to come home."

* * *

As the two teams marched on to the field for the football match, the referee was amazed to see a strange creature who was half man and half horse.

"What the hell is that?" he asked the captain of one of the teams.

"Oh, him . . . he's our centaur forward," explained the captain.

* * *

Then there was a guy so stupid he thought "Polygamy" meant marrying a parrot.

* * *

Sir Lancelot had fought a bitter battle all day, and didn't want to quit when his horse was killed. Despite the thunder, the lightning and the rain, he managed to stagger to a nearby farmhouse, where he asked the farmer to lend him a horse, so that he could return to the battle.

"I'm afraid I don't have a horse to spare," said the farmer, "but I do have a large St. Bernard dog you could use."

Sir Lancelot took one look at the huge, shaggy dog and cast his eye toward the dark and stormy sky.

"Surely," he said, "you wouldn't send a knight out on a dog like this."

* * *

What is worse than finding a maggot in an apple while you are eating it? Half a maggot.

* * *

A lavender man named O'Day
As a TV contestant made hay,
On a passionate spree
He kissed the emcee,
So they chose him as Queen of the Day.

Compiled by: George Fegradoe

RAMESHWARI TALLURI:

"please, may I have my own individuality?"

N. Bharathi

If she doesn't watch out, one of these days Miss Rameshwari Talluri's long tongue will definitely land her in hot water. In her photographs and in her first screen appearance ("Dulhan Wohi Jo Piya Man Bhaye"), some people found her to be going the Zarina Wahab way, i.e. following in Jaya's footsteps. But Rameshwari begs everybody's pardon and cries, "I was damn upset when I read a review which said I had copied Jaya. I assure you I never even thought of Jaya while I was shooting. Jaya is, of course, a terrific artiste. But, please, may I have my own individuality? I think why I've been likened to Jaya is because of my lips. I've always hated my lips. And now after finding that Jaya has the same lips, I hate them even more!"

Rameshwari is very different from Jaya or Zarina—neither of them would throw diplomacy to the winds like this.

Rameshwari hails from Andhra Pradesh and currently lives in some p.g. digs where friends crawl all over the place. You go to meet her and a guy will be busy in the kitchen making tea for you while you chat with Rameshwari. "All of us work and take turns in the kitchen," Rameshwari pointed out.

Her boy friend, a tall, hefty man called Deepak, who was with her at the Institute, is a regular visitor of course. "No hassles when he's written about as my parents were the first to know about him and I have already met his parents," she pointed out. "It seems really funny that while we were at the Institute, we were not only not going steady but I even used to help him in his affairs with other girls," she laughed.

Rameshwari has just finished a Telugu film which was started a long time back. "I didn't want to keep zipping off to the South, so we completed the entire film while I had all the time in the world for it," explained Rameshwari.

Nobody expected "Dulhan Wohi Jo Piya Man Bhaye" to be such a hit. "I'm thrilled about its success. Prem Krishan is really sweet and he seemed to be having bad luck with all his films till 'Dulhan Wohi. . .' came along. Atcually the film has all the necessary ingredients for the box-office except that it has no star cast."

Did she ever think that she herself would be appreciated to this extent?

"Frankly, I didn't like my own performance in it at all. But I think I did the right thing by not having a publicity campaign before its release. People who saw this unknown girl on the screen were impressed with what they saw. On the other hand, had I been over-publicised, they'd have expected too much from me."

Is Rameshwari equally thrilled with her goody-goody image?

"You must be joking," she retorted. "Throughout 'Dulhan. . .' the director used to keep telling me that I was playing a character totally different from the real me. In fact, when I first heard my role I hated the goody-goody character very intensely. Frankly, I preferred Shyamlee's role! But as we progressed with the film I came to terms with myself and I began to like what I was doing. The trouble is, now everybody has the same kind of roles to offer and I can predict that I'm going to get terribly bored with my goody-goody image."

Is it true that producers are queuing outside her door?

"Rubbish, in fact I run away from home because I keep getting meaningless offers. I know that these films aren't ever going to be made properly. So what's the point in signing them? The problem is of money. Aba Dhulia and I pay Rs. 500 for this little room every month. With the success of one film I have lost the privacy to travel by bus and cab. People don't really recognise me, but they feel that I look familiar and give me suspicious looks. Actually, it's quite ironical that here in Bombay where my film has been released, people don't really recognise me. But in Madras where only the posters of the film have been put up, I'm recognised immediately!"

Two producers who have begun their shooting with Rameshwari are Chinappa Devar and Rajshri Productions. She treats Rajshri Productions like a bank account. "I haven't taken everything in a lump sum because I know I'll blow it up in one day." Devar, she says, is like the Reserve Bank of India. "He offered me the full amount, but I didn't take it."

In Devar's film she says she has to co-star with Mithun Chakravorty ("I have a good laugh when I hear that he's supposed to be projecting the virile, masculine image") and a goat ("which in all probability will end up with the maximum importance in Devar's film"). In Rajshri's next film it's Naseeruddin Shah she has for a co-star. "Nobody from my batch seems to be doing really well in films. Naseeruddin is an exception. In the Institute we used to fight all the time, but we worked together in the diploma films made at the Institute and now again for the Rajshri people."

With the success of her film, Rameshwari has started learning what stardom can mean. "I came back from the South just today," she said. "Nobody was at home. I was very hungry and, of course, very lazy too. I got talking to one of my neighbours and she told me that she liked me a lot in 'Dulhan Wohi. . .' And suddenly seeing my pathetic face she asked me if I was hungry. I said yes and she offered me 'kadi'. I made some rice and ate it heartily with the 'kadi'," Rameshwari said gleefully—her first small taste (literally!) of what fans can do for someone they like.

Rameshwari has an unmistakable South Indian accent when she speaks Hindi. "I can manage in a film, but otherwise I'm not really comfortable while conversing in Hindi and in English. English always leaves me baffled. I keep getting mixed up with 'humiliation' and 'humility' and I can't tell 'terrific' from 'terrible.' Even when it comes to 'right' and 'left' I have to think before answering. At the Institute when I had my driving test, I drove the examiner crazy. He asked me to turn right and I quickly told him, 'What are you going on about right, right? Just tell me where you want to go and I'll take you there!'

"I like it here, but I will move into my own flat when I can. My parents will help me out to some extent, but they're not millionaires. We're pucca middle class people and they'll help me as much as they can. My sister is a doctor and she helped me when I wanted to join the Institute. My mother is an amazing person. Though she has a strict background, she just needs to be convinced before she gives in and says 'go ahead'. . . My father used to wonder what I was up to here. But now he has stopped wondering. At home they can't believe that my film is actually a hit!"

She continued speaking—candid, carefree, casual and "bindaas." Let's hope you don't change Miss Talluri!

Photograph: Umesh Vyas

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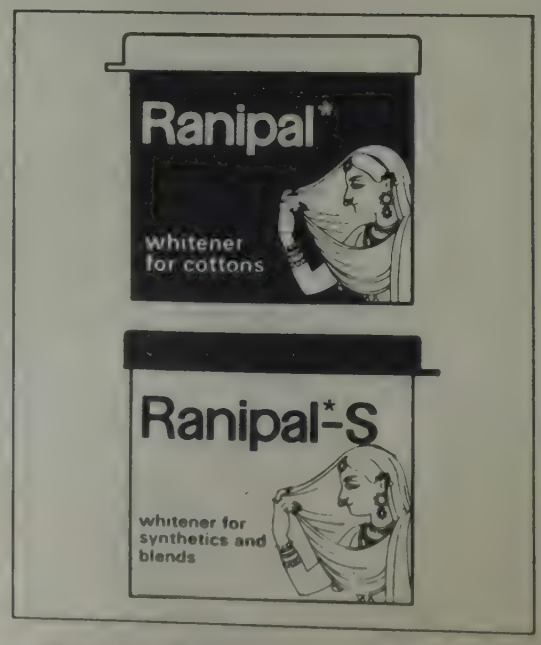

Ranipal for cottons

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children's page

Kamal Aurora

WHAT'S CHANGED?

The words are the same. But you can change their meaning.

For example: RING means a circle. It is also the sound of a bell. It is also what you wear on your finger.

Take these words and see how many of their meanings you can change by using them in different sentences.

1. SET 2. STICK 3. BACK 4. FOOT 5. BARK 6. SCHOOL 7. SINK 8. GLASSES 9. CHANGE 10. TRAIN.

RIDDLE-ME-REE

Do you like candy? Eggs? Jam? Pies? Here are some interesting riddles for you to enjoy while you eat the goodies!

Q. What is the best thing to put in pies?

A. Your teeth.

Q. What happened to the man who swallowed a spoon?

A. He couldn't stir.

Q. How can you buy eggs and be sure there are no chickens in them?

A. Buy ducks' eggs.

Q. What did the candybar say to the lollipop?

A. Hi sucker!

Q. Why is a promise like an egg?

A. Because it can be easily broken.

Q. What did the moron do with the traffic jam?

A. He waited for the truck to give him a big jar.

Q. How many soft-boiled eggs can you eat on an empty stomach?

A. Only one. After that the stomach will not be empty.

Q. What resembles the half of a cheese?

A. The other half.

THE ADVENTURES OF omphy-momphy tuk tuk

There was a lot of excitement in class. There was to be a new teacher to teach them something new.

"What is it? What is it?" asked all the children.

Their eyes opened wide when they saw a strange box being carried into class. "What is that?" they asked. Some children touched the box with their fingers. Then, at last, the new teacher came into class. "Good morning teacher!" they shouted.

"I seem to be very popular!" said the teacher when she heard the loud greeting.

"What is in that box?" asked Omphy Momphy Tuk Tuk.

"What is in that box?" asked Mun Mun.

"Tell us, teacher!" chorused all the children.

The new teacher smiled. "Come and open this box," she said, and many children rushed to open it.

The teacher looked at the rush with great surprise. "Just one minute," she said. The children stopped trying to open the latch of the box. "All of you can have turns opening the box on different days. Today the boy who asked me what was in the box can open it."

"ME!" shouted Omphy Momphy.

"Me! Me! Me!" shouted a lot of children.

"Oh dear," said the teacher. She looked at all the children. The whole class was saying "me"! "I have a lot to learn," said the teacher to herself. Then she smiled and said, "Me!" and opened the box. The class began to laugh. The new teacher was fun!

The box was opened. "It's a music box!" said one child.

"A what?" asked the children.

"A gram-o-phone," said the teacher. "To teach you music and singing!" So saying, she put on a record in the gramophone and very soon a lovely song filled the room. The children listened to the song. They saw the teacher clapping her hands. They began to clap too.

Omphy Momphy began to stamp his feet also. He began to sing his own song! The teacher put off the music. "Please listen to me." she said. She pointed at Omphy Momphy. "What is your name?"

"Omphy Momphy Tuk Tuk," said Omphy Momphy.

"Come here," said the teacher and she put on the music again.

Omphy Momphy faced the class. Everyone looked at him with interest.

"Now clap your hands to the music," said the teacher.

Omphy Momphy looked at his feet.

"Come on, Omphy Momphy," said the teacher, "You were clapping your hands — and feet — just now. Show the class how well you do it."

Omphy Momphy stood still and stared at his feet.

"Come on, everyone," laughed the teacher. "Follow me!" She began to clap her hands to the music.

The children began to clap. Everyone was enjoying themselves. Omphy Momphy stopped feeling shy. He began clapping his hands to the beat of the music. Very soon he began to beat his feet against the floor as well!

The children began to do the same. Then Omphy Momphy went further. He began to dance! In a minute the whole class was also doing all sorts of funny dances! Soon Omphy Momphy was singing his own song!

"Well done, Omphy Momphy," said the teacher, clapping her hands. "Now that you all understand the rhythm, you have gone a long way to understanding music and enjoying music . . ." But she was talking to the desks in class, for all the children had got up and joined Omphy Momphy in his dance.

ANSWERS:

WHAT'S CHANGED?

These are some ways of changing the meaning of words. There are many more.

1. I have a new SET of clothes.
   Has the sun SET?
2. My BACK aches.
   Why have you come BACK?
3. I must STICK this stamp.
   I have a long thin STICK.
4. My shoe is on my FOOT.
   A FOOT is made of 12 inches.
5. This is the BARK of a tree.
   I hear a dog BARK.
6. We study in a SCHOOL.
   A group of fish is a SCHOOL.
7. I drink two GLASSES of milk every day.
   I wear GLASSES to read.
8. Our kitchen has a SINK.
   A coin will SINK in the water.
9. I will CHANGE my clothes.
   The shopkeeper has no CHANGE in his moneybox.
10. I like to travel by a TRAIN.
    I have to TRAIN myself to do the things I should do.

ADD THE CHEF'S TOUCH

Premila Lal

All you need is to devote a few extra minutes of your time to transfer an ordinary dish visually and taste-wise into one that will delight your guests. Add a chef's touch to your cooking, in the seasoning, the garnishing and the way you present your dish. Give it that little extra 'something'. Serve papaya cubes heaped with cream and ginger, steak with sherry sauce, chicken soup with almonds, chutney lobster meat in shells and watch for the looks of admiration that will come your way.

Photograph: Farokh Reporter.

Food-Courtesy: Taj Mahal Intercontinental, Bombay.

TENDER STEAKS WITH SHERRY SAUCE

300 grams tender steak meat
45 grams butter
125 grams button mushrooms
2 tbsp. flour
100 grams onions
45 grams tomato puree
125 liq. grams dry sherry
1 cup clear or brown stock

Cut meat in small cubes, chop onions finely and dust with the flour. Warm butter and gently saute meat, onions and mushrooms. Add tomato puree and then the sherry and stock. Leave until it becomes a soft tender thickness and serve with rice or noodles and salad.

SMALL LOBSTERS WITH CHUTNEY FLAVOUR

1 doz. small lobsters
1-2 tbsp. prepared green chutney
1 tbsp. butter
½ cup cheese sauce or white sauce

Wash and plunge lobsters in boiling water, and cook 1or 10 minutes, Drain, with a sharp knife, remove spongy gills and take out the meat, and preserve shells. Chop up meat and mix well with the sauce and chutney. Put mixture back into the shells. Pour a little melted butter on each and place in a moderate oven or under a grill, until golden brown.

PORK CHOPS WITH SWEET POTATOES

4 loin or rib pork chops
½ tsp. freshly ground pepper
Salt to taste
1 tbsp. flour
1 cup water
2 tbsp. raisins
1 tbsps. lemon juice
2 apples, peeled and quartered
2 sweet potatoes, peeled and quartered
1 green chilli, finely chopped

Trim fat from chops, and rub with salt and pepper. Discard, saving a little fat, to put in the frying pan to saute the chop. Cook in the fat to brown on both sides, remove chops, and keep warm. In the same pan add flour and cook till blended. Gradually pour in water, raisins, chilli and lemon juice and simmer for five minutes. Layer half of the apples and sweet potatoes in the bottom of a greased two litre casserole—Place chops on top. Layer remaining apples and potatoes over chops and pour sauce all over. Cover and bake in a moderate oven for about an hour or till meat is tender.

BAKED CAULIFLOWER MOULD

500 grams cauliflower, cut into small flowerettes
1 cup grated cheese

1/3 litre milk
1 sliced potato
1 each diced onion and tomato
1 cup breadcrumbs
1 chopped green chilli
1 tbsp. chopped coriander leaves
4 tbsp. butter
4 eggs

Salt and pepper to taste

Soak breadcrumbs in heated milk. Add seasoning, butter, cheese, beaten eggs yolks and cauliflower. Fold in stiffly beaten egg whites. Pour into a buttered ring mould and bake in a moderate oven for about 40 minutes till firm. Fill center with sauted diced onion, tomato and thinly sliced potatoes.

MOGHLAI RAAN

2 kg. leg of lamb
4 large onions
6 cloves garlic
2" piece ginger
1 tbsp. grated coconut
1 tbsp. ground almonds (for occasions)
2 tsp. coriander powder
2 tsp. turmeric powder
1 tsp. cummin powder
Juice of 1 lemon
150 grams curd
½ cup tomato puree or 1 cup peeled chopped tomato
4 cloves
Salt to taste
1 tbsp. raisins or 10 dried apricots

Wash and trim the leg of lamb—Remove skin and fat with a sharp knife. Grind or mince onions, garlic and ginger. Put in a bowl and mix in the coconut, almonds, coriander, turmeric, garam masala, cummin seeds, chilli powder, lemon juice, curd and tomato. Mix well. Make four gashes in the lamb, and insert cloves. Smear the leg piece with the mixture and prick all over with a fork. Leave to marinate overnight or from breakfast to evening. Place meat with marinate in a roasting pan. Sprinkle with salt and roast in a preheated moderate oven for 2-3 hours until meat is tender. Alternatively, place on a trivet in the pressure cooker, bring to pressure and cook for ½ hour. Place in a roasting pan and do the remaining cooking in the oven for about ½ hour.

SPICED BAMBOO AND PRAWN

500 grams shelled prawns
500 grams bamboo shoots
1 coconut (extract juice)
2 onions, sliced
½ cup oil
Salt to taste

GRIND TO A PASTE

6 dry red chillis
2 tbsp. vinegar
1 tbsp. coriander seeds
1 tbsp. cumminseeds
1" piece turmeric
1 tbsp. poppy seeds
1 tbsp. mustard seeds
4 peppercorns
8 cloves garlic
1" piece ginger
2 cloves
1" piece cinnamon

Soak the bamboo shoots in water for an hour or more. Drain and cut into one and a half inch pieces and cook in salted water, till tender. Drain, cool and cut into thin strips.

Heat oil in a pan and fry onions to a golden brown. Add ground masala and fry for another five minutes. Stir well, so that it does not adhere to the pan. Add strips of bamboo shoots and prawns and fry well. Sprinkle a little water when necessary. Add coconut juice and reduce heat. Season with salt and simmer till thick. Serve with plain rice or noodles.

POMFRET STUFFED WITH SHRIMPS

1 large pomfret or 2 medium sized pomfrets
¾ cup shelled shrimps
1 tbsp. butter
1 tbsp. flour
1 cup milk
1 egg yolk
Juice of lemon
2 tbsp. chopped parsley or coriander
1 tsp. freshly ground pepper
Pinch of chilli powder
Salt to taste

Clean and wash fish, slit from mouth to tail leaving two inches on both ends. Wash under running water.

Melt butter in a pan and stir in the flour—Gradually add the milk and blend well, simmer till thickened and remove from heat. Mix in egg yolk, pepper, chilli and salt, chopped parsley and shrimps. Mix well and stuff into fish cavity . Tie with thread or secure ends of gap with tooth picks.

Grease an oven proof dish and place in fish. Sprinkle with lemon juice, cover with greased paper and bake in a moderate oven for 25-30 minutes.

cuckoo lal
To crisp greens when preparing a salad, wash thoroughly, dry, and wrap in a towel or put into a closed container and refrigerate. For maximum crispness, add salad dressing only before serving.

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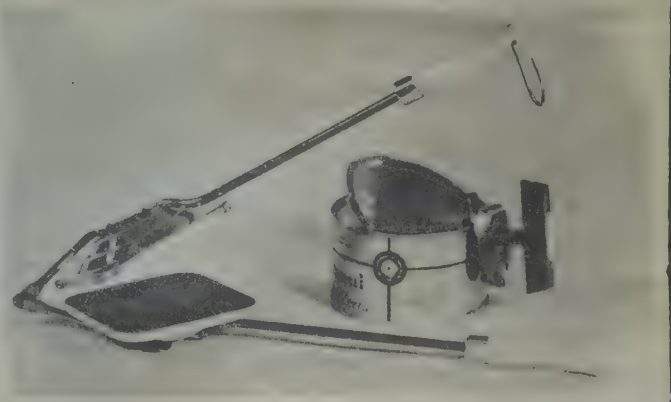

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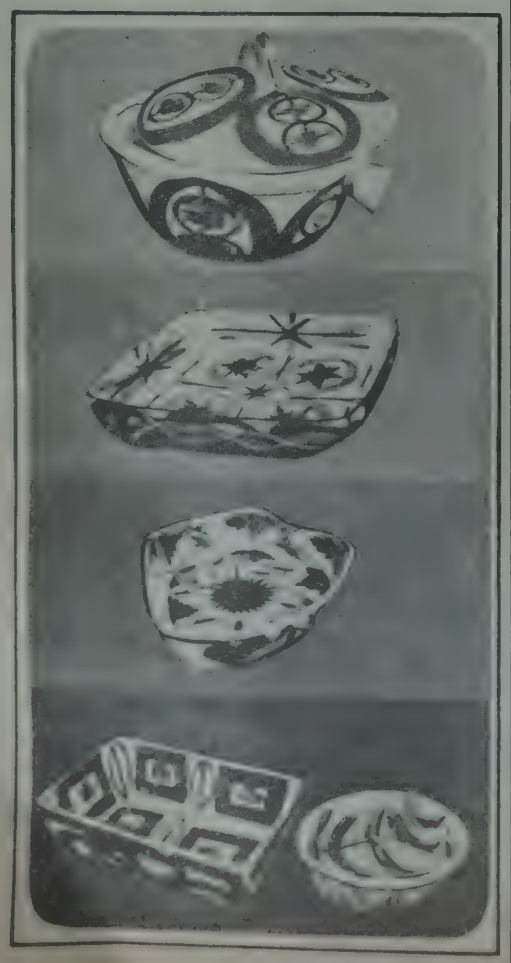

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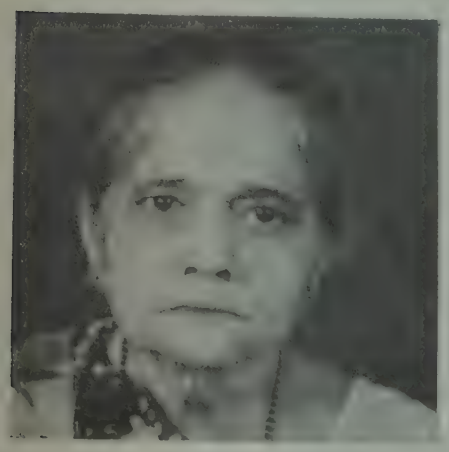
recipes from our readers



Mrs. Savitri T. Bilaney, Bombay.

GREEN MANGO CHUTNEY

1 kg. green mangoes
750 grams sugar
8 big cardamoms
8 small cardamoms
25 grams aniseeds
25 grams fenugreek seeds
25 grams cumminseeds
1 tsp. black cumminseed
1 tsp. red chilli powder
1 tsp. salt
1 cup water
4 tbsps. vinegar

Cut mangoes into small pieces, apply turmeric powder and salt in a desired quantity. Keep for one day in the jar. Next day remove the mango pieces from the jar and dry in the sun for three to four days. Fry cardamoms seeds, aniseeds, fenugreek seeds, cumminseeds and black cumminseeds on the tava till light brown. Then grind the masala coarsely. Mix mango pieces thoroughly with the ground masala. Then add red chilli powder, salt, vinegar, water and place in the jar. After every two days stir it thoroughly. It can stay for a year or so.

Mrs. Kaushi N. Bhatia, Bombay.

VEGETABLE JHALFAREZI

1 cup French beans, string and chop into ½" long pieces
1 cup carrots, scrapped and chopped into ½" long pieces
1 cup green peas, shelled
1 cup capsicum, seeded and chopped into ½" long pieces
1 cup cauliflower flowerettes
2 medium potatoes, boiled peeled and cubed
3 medium onions, peeled and cut into thin rings
10 spring onions, peeled and cut into thin rings
1½ cup tomato sauce
½ tsp. turmeric powder
8 tsps. chilli powder
Salt to taste
2½ cups water
6 tbsps. oil
¼ cup finely chopped coriander leaves

Parboil French beans, carrots and green peas in 3 cups of water with addition of a little salt. Drain and set aside. Heat oil and add half the quantity of both the onions (i.e. plain and spring onions) together with cauliflower and saute for 5 minutes. Add 2 teaspoons chilli powder and stir well. Add tomato sauce and 2 cups of water and when the mixture boils, add turmeric powder, remaining onions, boiled vegetables, boiled potato, capsicum and remaining chilli powder and salt. Cook uncovered for about 10 minutes on a medium fire, stirring occasionally. Care must be taken to see that the vegetables are not mashed. Check seasoning and correct if necessary. Garnish with coriander leaves and serve hot with toast.

Mrs. Manorama Rao, Mangalore.

BANANA FLOWER VADAI

200 grams channa dal
1 small banana flower
2 medium sized onions
12 green chillis, chopped
½ coconut grated
½" piece of ginger, chopped
½ bunch coriander leaves
3 sprigs curry leaves
Salt to taste
Oil for frying

Soak channa dal in water for two to three hours. Drain and grind it coarsely with chopped ginger and green chillis, add chopped onions, grated coconut, chopped coriander, curry leaves and salt. Mix well. Remove yellow stigma of the banana flower, chop the flower finely and mix it well into the dal mixture. Form small balls, flatten into rounds, and deep fry on medium heat till vadais turn a golden brown.

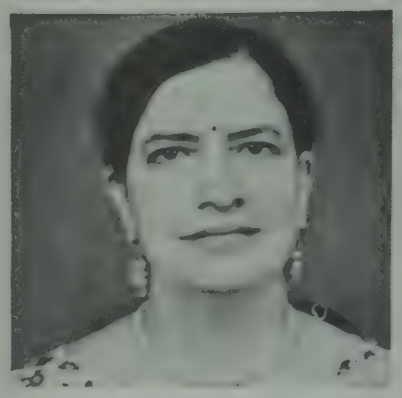
Mrs. Ruma Ramachandran, Allappey.

PEA PURIS

500 grams maida
250 grams shelled peas
2 large onions
1" piece ginger
1 tsp. black cumminseed
2 tsps. chilli powder
Ghee for frying
Salt to taste

Boil the peas in salted water till tender. Grind the boiled peas with onion and ginger to a smooth paste. Add two tablespoons of melted ghee, chilli powder, salt and black cumminseeds and mix well. Make a medium dough with maida and peas-onion-ginger paste, if necessary, adding a little water and keep for 10 minutes. Make small balls and roll out into small puris and deep fry in ghee or oil till golden. Drain and remove. Serve hot with channa.

weekly winner



Mrs Kishori J. Kinger, of Calicut wins, Rs. 50/- cash prize for this weeks best recipe plus non-stick coated sandwich Toaster and Tin-O-Mat by Trupti Industries, Bombay.

SHAHI NAVRATNA SAAG

150 grams potatoes
150 grams arvi
150 grams cauliflower
100 grams shelled peas
100 grams lotus roots
100 grams gawar
100 grams tinda or doodhi
100 grams lady's fingers
150 grams karela (bitter gourd)
250 grams onions
250 grams tomatoes
6 to 8 green chillis
A small bunch of coriander leaves
2 tsps. coriander powder
1" ginger
1 tsp. turmeric powder
1 tsps garam masala
½ tsp. red chilli powder
Salt to taste
400 ml. curds
50 grams butter

Khoya made out of half litre of milk

Cooking oil for deep frying.

Scrape the bitter gourd, cut into one and a half inch long pieces, slit in the centre, wash and mix with salt keep aside for half an hour. Then wash again, deep fry golden brown. Peel and cut all the vegetables about three-fourth inch long pieces, wash and deep fry till half tender. Drain and keep aside. Parboil the green peas and keep aside.

Cut the onions, tomatoes, ginger, green chillis, coriander leaves very finely and separately. Now, keep a heavy bottom dekchi and saute the onions in butter. Put all the vegetables, tomatoes, ginger coriander leaves, chillis, turmeric powder, garam masala, coriander powder, half a teaspoon red chilli powder, curds, khoya and salt to taste. Mix well. Cover with heavy lid, keep it on slow fire. Mix two to three times lightly When gravy thickens and the vegetables are tender, remove from fire. Serve hot with nan, chappati or puri.

ATTENTION, COOKERY ENTHUSIASTS!

Each recipe for the weekly and monthly contests and Recipes From Readers' page must be accompanied by this coupon. Those not accompanied by the coupon and a passport size photograph will not be considered for publication.

Address your entry to the Cookery Editor, Eve's Weekly Ltd., Bombay Samachar Marg, Fort, Bombay-400 023

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SUJATA MANOHAR

First Woman Judge Of The Bombay High Court

At long last the Bombay High Court has a woman judge, one with both the scholarship and the experience needed for the high office

Being appointed the first woman High Court Judge in the Bombay courts came as no big surprise or achievement for Mrs. Sujata Manohar. "I wasn't very excited. Well, I guess one feels happy, but you also keep wondering about all the extra responsibility," she commented.

It was no big surprise because ever since her school days she has been at the top of all she undertook. Starting from her school days, "a simple school in the Bombay suburbs," she stood first among girls in the SSC examination, and was awarded a string of awards and scholarships. From there she joined Elphinstone College, Bombay, to study Philosophy and Sanskrit.

College was not just studies for her. Her activities ranged from being chairman of the. Students' Council, and editing the college wall papers in English and Gujarati, to participating and winning prizes in intercollegiate elocution competitions and being elected "Miss Elphinstone." She was a merit scholar throughout her college career, and won a string of prizes and awards which set a then university record.

From college in Bombay she went to Oxford where she studied simultaneously for her M.A. in Philosophy, Politics and Economics and for the law degree, something that was possible in those days. She found Oxford an exciting and interesting experience. "Studies here are totally examination oriented," she said. "There we were encouraged to do independent work; to take up our own studies. Such an approach brings out one's ability and makes studies so much more stimulating."

There too she was hardly the quiet, withdrawn Indian girl. She was the secretary of the Oxford Majlis and the Plotinus Society. She was the first Indian to win an Oxford half blue in table tennis, and the editor of the Inns of Court Students' Magazine. She got her Bar-at-law from the Lincoln's Court, London.

With so many achievements to her credit, no wonder she was not excited at her recent appointment, which has come when she is only 43.

Following the example of her father, the late Mr. K. T. Desai, a former Chief Justice of Gujarat, she began practising as a lawyer in Bombay in 1958 on the original side of the High Court. Women lawyers, then as now, were a rarity. "As in all new professions which women are entering, in the beginning it was slightly difficult; initially there was a slight bias against a woman lawyer. One had to struggle slightly more to get cases, but once I was accepted I had no problem nor was there any discrimination."

She feels that the fact that so far no woman has been appointed a judge in Bombay is not because of any bias against women, not because of discrimination, but because so few women have practised in the field for any length of time. Though many women study law, few actually practise. They usually prefer jobs in banks and companies as legal advisors. Currently there are only four other women judges in India — two in Calcutta, one in Kerala, and one in Andhra Pradesh.

Becoming a judge will mean changes in many ways. "For one," she pointed out, "when one is a lawyer one tries to present a case from the client's point of view. Now it will mean looking at the same problem from a different point of view."

It means a change in lifestyle too. "Judges are not supposed to socialise too much. You can never tell whether the next day you will have to be judging a case involving someone with whom you were dining the night before."

Becoming a judge will mean another change also. As a judge she is not supposed to give legal advice to any person, group or institution. Thus her ties with social and educational institutions to which she has been giving legal advice earlier will have to be severed. Over the years this has included being the chairwoman of the Parliamentary Committee of the Maharashtra State Women's Council, a member of the Board of Governors of the Bombay International School and a member of the Asiatic Society in Bombay.

She is also president of the Indian Federation of Women Lawyers, an organisation which provides free legal aid for needy women and men.

This involves dealing with problems regarding accommodation, rent, matrimonial cases and cases of workers being wrongly dismissed.

Whenever she has time (she is married and has three children) she reads, listens to music, writes articles about law and gives talks over radio and TV.

The Women's Movement as it has developed in the West is quite irrelevant to women in India, she feels. Here the main problems are illiteracy and lack of opportunity for employment. And, according to her, a uniform approach to all women in India is not possible, given the differences that one finds among different strata of women. One has to look at each group and see what its main problems are.

Despite her long list of scholarships and prizes related to academic work, Mrs. Manohar never thought of taking up an academic career. "I don't think I would have make a good teacher. Being a lawyer and a judge involves quite a lot of research work and that for me is sufficient, I guess," and she concedes with a smile, "I am too fond of arguing and of arguments to make good in academic life."

She has studied and written extensively about law, especially as it relates to women. One of the main problems in this respect is the lack of a uniform law for women of all the various communities in India. The presence of different laws for different communities leads to a situation where women are divided according to their religion and given different legal status.

"Women of this country," she insists, "want their legal status to be alike irrespective of their religion and want this status to be the same as men's."

Mira Savara

YOUTH HOSTELS

In the article on Youth Hostels (Eve's, December 31), the Vice-President of the Maharashtra Youth Hostels Association of India has said: "With the active support and cooperation of the Ministry of Tourism we have specially constructed model youth hostels." This may give the impression that the Youth Hostels Association itself constructed the youth hostels in tourist centres, with Government support.

May I clarify that these 17 Youth Hostels were constructed all over India not by the Youth Hostels Association, but by the Government of India, Department of Tourism, in collaboration with the State Governments. These are run by senior ex-servicemen and their wives, in the capacity of Wardens and Assistant Wardens. Anyone, irrespective of age, can stay in them, on payment of charges between Rs. 4 and Rs. 5 (Rs. 6 in hill stations). No membership of any association is necessary.

Mrs. S. Jagannathan
Director
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Music lovers will feel a keen sense of loss at the untimely death at 63 of popular band leader and accordionist **Goody Servai** of Bombay. His talent was versatile and his dedication to music total. Not only was he an expert on the accordion, but he was also a very good violinist. His fame as a band leader was worldwide and he was invited to attend music conferences in West Germany

and the United States.

It may come as a surprise to many of his host of admirers that he started his music career as a student of Indian classical music. And in Western music he was not merely a master of pop music but was equally at home in light classical and was a member of the Bombay Symphony Orchestra.

His exhilarating rhythm, his gracious personality, the joy he brought to young and old, will be long remembered.

* * *

No less a person than Mr. Jayaprakash Narayan himself has appealed to the Nepalese King, Birendra, to release Nepalese Congress leader **B. P. Koirala** from detention on humanitarian grounds. Mr. Narayan added in his appeal that his own ill health alone prevented him from making his request before the King in person. Others in this country have also sent letters urging the King to release his sick subject, so that he can be attended to by expert doctors in India. But Mr. Narayan's appeal is the most notable and most poignantly worded of them all. And naturally so, for, does not Mr. Narayan have a personal, first-hand experience of what it is like to be seriously ill and in detention?

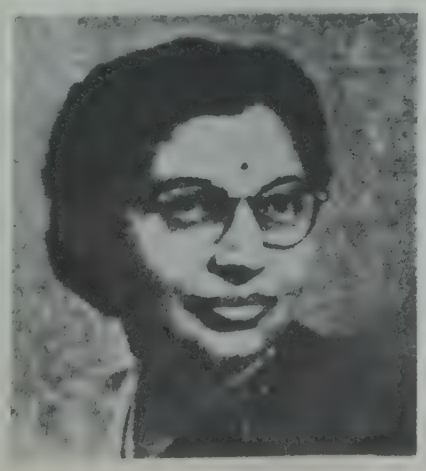
Also, knowing the joy of freedom and the benefits of adequate treatment after such detention, it is only natural that Mr. Narayan hope for a similar experience for Mr. Koirala.

* * *

India has had quite a lion's share of visiting dignitaries in the past month, the most publicised, of course, being Jimmy and **Rosalyann Carter** and the Callaghans. While there was a furore over Mr. Carter's taped remark in Delhi, overheard by curious eavesdroppers, Mrs. Carter had a relatively uncontroversial stay. But she apparently made up in Saudi Arabia. The National Organisation of Women, U.S.A., has taken offense at her observing the prevailing Saudi Arabian custom and walking a few steps behind her husband. After her speech at Houston in defence of women's rights, say NOW spokeswomen, this action of hers only causes confusion about her real stand on the issue, especially as it is not obligatory for foreign dignitaries to follow the host country's customs to the letter.

* * *

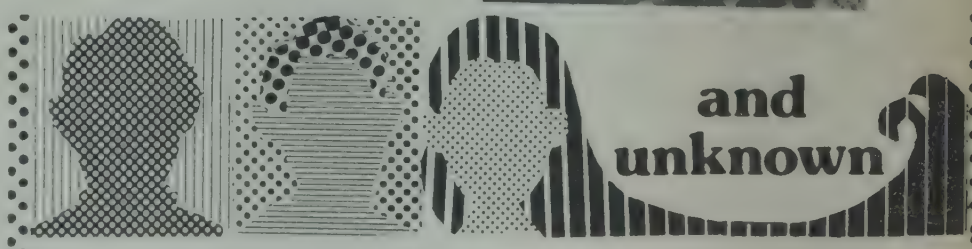
Who would have thought that an unsuccessful child marriage could turn a woman into an emancipator? That is, reportedly, what happened in the case of **Lilavati Munshi**, whose first and unsuccessful marriage at 13 engendered in her a powerful urge, which became a life-long battle, to work for the emancipation of Indian women. She later married Dr. K. M. Munshi, then a rising star in the Gujarati literary firmament. Mrs. Munshi died in Bombay on January 6. One of the many achievements to her credit is the concept of "Annapoorna" cafetarias, which she orginated. She was also the first Vice-President of the Bharatiya Vidhya Bhavan. She became a member of the Bombay State Legislative Council in 1936 and of the Rajya Sabha in 1952.



* * *

As one well-known music critic has put it, "What **M. L. Vasanthakumari** does not know about music is not worth knowing." Happily enough, the Madras Music Academy too thought so, and awarded its most prestigious award, the "Sangeetha Kalanidhi" title, to Dr. M. L. Vasanthakumari. She also presided over the conference of music this year and the festival of the academy and proved herself really worthy of the title conferred on her. During the music festival, this veteran vocalist presented a majestic pallavi, specially composed by her for the occasion, with many intricacies and nuances that kept the listeners enthralled.

The Music Academy title is the second honour conferred on her this year. The first was the "Yogam Nagaswamin Award", carrying with it Rs. 2,750, which is awarded to the best senior vocalist of the year.



Little Emilio Mercos Palma, born after the coming in of 1978, already has a "first" to his credit. He is the first native-born Antarctican. His parents, however, are Argentinians.

Little Emilio might, if given the choice, choose to claim Antarctican citizenship. For that would be less complicated than deciding between the three citizenships which could be available to him as a "native" of the region. The part of Antarctica that he is born in is at present claimed by Argentina, Britain and Chile!

Compiled by Sathya Saran

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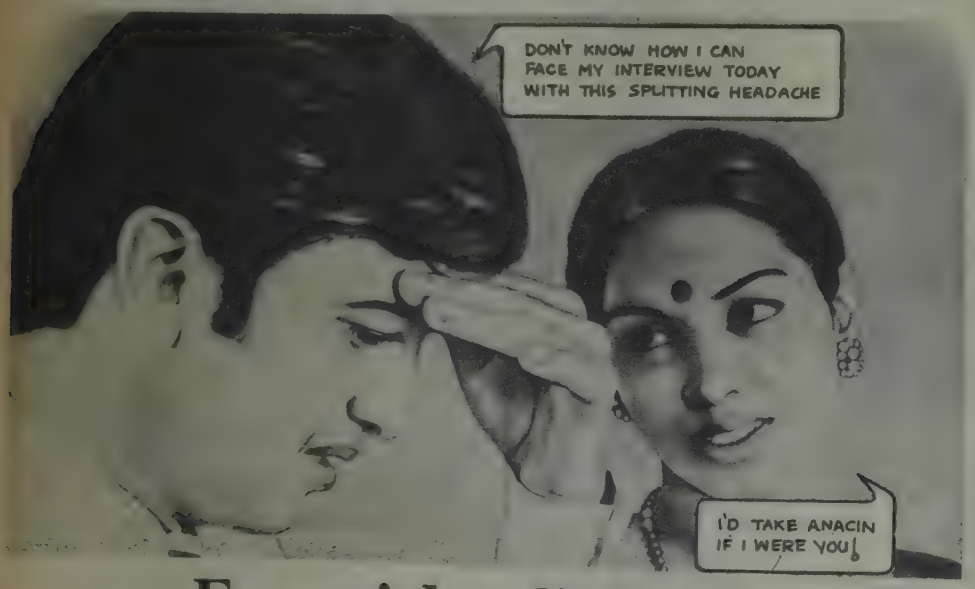

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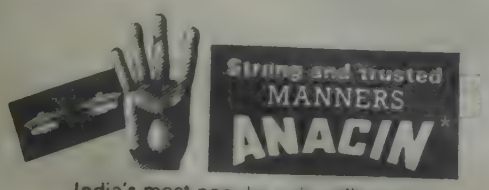

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IF I DIE TOMORROW

Continued from page 15

"Where's Guru? I must say hello to him."

I found him looking excited and flushed like a child at a party.

"So, you're the guest of honour," I quipped.

"Nice of him, isn't it? Like a last treat. Come and give me company, Manju, while the rest of them go to eat. Ashok can get you a plate."

"Ashok!" I snorted. "I wonder if he's ever served himself. Meera waits hand and foot on him."

"Well, surgeons are supposed to be egoists aren't they?"

"Anaesthetists aren't! But look at Vimla and Dr. Shah. It's the Indian male, that's all."

I don't know how the conversation reached that point, but we were soon talking about a man who had been recently tried for multiple murders. On his own confession he had killed nearly 30 people, but as he was found to be technically "of unsound mind" he had escaped the death penalty.

"And so he escapes," Guru said, "while better men, of more use to society, die untimely deaths."

"Like who for example?" Gautam asked, rather belligerently.

"That man...what's his name, Ashok? The one you were telling me about. He died in your hospital. The labour leader."

Ashok's frown disappeared. "Oh, that man. What was his name?" He clicked his fingers, impatiently, then exclaimed. "Yes, Prabhakar Tambe. Shyam's patient."

There was a slight pause, obvious only to those who knew how quick on the uptake Shyam usually was, before he replied, "Yes, mine. First Kulkarni's. Then mine." Kulkarni was our Chief Physician.

"Finally Vijay's," Gautam grinned. "For the final diagnosis."

Vijay shrugged. "Will we pathologists ever live down that phrase?"

"Nearly a thousand people at his funeral," Ashok said ruminatively.

"And he died, the man who was doing so much good to so many. While this other man escapes punishment," Guru said softly.

"There are different kinds of punishment, you know," Vijay's voice was so harsh I looked at him in surprise. "It doesn't always have to be 'hanged by the neck until you are dead.'"

There was a small silence broken by a tinkling sound. Shyam's plate had slid off his lap. "Oh, my gosh, Shyam!" Sunita exclaimed in wifely indignation. Shyam, not replying, silently got down on his knees and deftly collected the pieces of china.

We broke up early, the next day being a working day. As I waited for Dr. Kulkarni to finish his thank-yous and good-nights to Rani, I fidgeted. A stickler for formality, it seemed he would never finish. At last he had done and I moved forward. But he still stood there, staring at Rani who looked back. My God, what a look that was! I felt as if I'd blundered into a room where a couple was making love. I was, I think, the only one to see that infinitesimally brief exchange.

Back home, I remembered. "Vijay, what's this about your leaving?"

Vijay was brushing his teeth. For a second his hand faltered. "Leaving? Who told you?"

"Vidya."

"Oh!" He rinsed his mouth energetically. "I must have said it in some discouraged moment. You know how we all talk. Means nothing."

I left it at that and wondered ...if I hadn't told him about Dennis, would we have had a better chance? I remembered what Vijay had said to me once. "You make a fetish of the truth, dont you? You won't tell a lie even to save someone from being hurt, will you?"

It was much later, when Vijay was asleep, that I remembered... the night the bell had rung and Vijay had gone down. It had been long before he had come back. "Who was it, Vijay?"

"The Dean. About an autopsy."

Later, when I had begun drifting back into sleep, he had whispered, "Manju? Sleeping?"

"Hmm?"

"Would you mind if we went away from here?"

"Went away? Where?"

"Nowhere. Go back to sleep."

And I had. And forgotten all about it. Till now. Now I suddenly remembered something else too. It was that day that that man had died. Prabhakar Tambe. The man whose name, it flashed upon me, Guru had deliberately introduced into the talk, with that watchful look in his eyes. Whom had he been watching?

And why?

TO BE CONTINUED

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Devi

Baldev Chopra of "Vistaar" and wife Shanti are one of the most sought after couple in Bombay today. For three months more they will have no rivals. They have the possession of the most sought after drug. For years the drug filtered via London, the Indo-Pak border. India, especially filmdom, was on Mehdi Hasan's vocal drug and now the voice that works like a tranquilliser on me, pep up pills on Amitabh, Rekha, Sultan Ahmed, Jahanara, Amjad, Iftekhar, Reena Roy, Chintu and Neetu, is in Bombay and Baldev is his P.R.O. Philips of India is sponsoring the eight concerts in Bombay and Kamal Barot will organise them.

MEHDI, do not overstay

Mehdi saab told me, that the relationship between filmfolk and journalists in Pakistan is very cordial.

"Here it is love and hate," I told him.

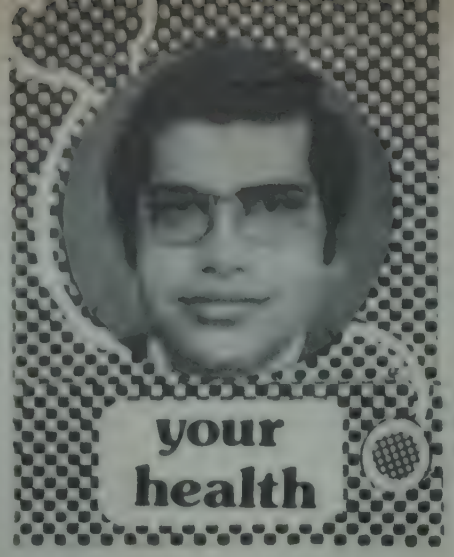
About his playback for Hindi films, he said it is yet at a rumour stage.

I don't know, my only fear is he does not turn into a Runa Laila or the Sabri brothers. Though he is much more popular, overstay and availability can mar him. Ultimately, I hope one does not find him with a baaja even at Reena Roy's house. Three months already, in my opinion, is an overstay and the price of the cassettes after he leaves will be like the old one thousand-rupee notes.

* * *

One thousand brings me to the bulging carpets, intricately designed bathrooms of film stars.

Producers were summoned to buy up the notes paid by them as advance money. Every star house had a row of funeral faced producers. Many apprentice chamchas to filmwallah's head chamchas were spotted in the rows around the Reserve Bank. Stars have ordered producers to give them fresh notes. Producers have rushed to financiers, but they are not in the mood for any discussion right now.



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MENOPAUSE

Menopause is a climactic stage in every woman's life and it is very important for women to know how to deal with it

Women get their periods regularly every month and this regular loss of blood is considered a sign of womanhood. From the age of puberty, a girl starts her menstruation until in the middle age it ceases completely. While a woman is menstruating she has the capability to conceive and give birth to children. During this period a woman feels secure, feminine and sexually active, but it is an unfortunate belief that the onset of menopause heralds the onset of old age. When menses cease, several body changes occur and, more important, a whole lot of mental changes also occur. Some women can take this change in their life quite coolly and gracefully while others who lack knowledge and have a lot of misbeliefs cannot tolerate this inevitable change and react sharply both physically and mentally.

They may get very upset and show signs of unpleasant reactions and they take quite a long time to come to terms with this natural process. As all women have to undergo this change in their lives it is necessary for them to know the correct facts and shed wrong beliefs and unnecessary fears about menopause.

NORMAL MENSTRUATION:

During the reproductive period every woman bleeds through the vagina every month for three to seven days. This is called menstruation or menses or periods. Every month, under the influence of sex hormones, produced by the ovaries, the uterus prepares itself for conception. During this process the lining of the uterus becomes thick and its blood supply increases. When there is no pregnancy, then at the end of the month this thickened lining with blood clots and fresh blood is shed in the form of menstrual flow. This process is repeated every month and when a woman conceives she stops menstruating during the course of pregnancy.

The ovaries are influenced by another endocrine gland called the anterior pituitary situated at the base of the brain. In a normal woman the flow is from three to seven days needing a change of three to four pads per day for the first two to three days and then it diminishes. Of course, this varies considerably from one woman to another.

At the age of 13 or 14 when a girl starts her menses it comes as a rude mental shock to her if she is ignorant and is not told anything about it. Around the age of 45 years or so a woman stops menstruating permanently and this is called menopause. This is a slow process in most women, taking from one to five years to complete. In animals the power of reproduction lasts till old age, but in human beings this power ends with menopause. At this time the ovaries stop producing eggs and thus the woman cannot conceive, but because of the continuing presence of some sex hormones in the body she may bleed for some time but eventually that also ceases.

There is a period of climatrix in males too, but it passes unnoticed and is much later in life than in the case of females. They also lose their reproductive capabilities, but there are hardly any symptoms to bring one's attention to it.

The age of menopause varies from one woman to another, but the average is from 45 to 50 years. While the age when menses started, the number of pregnancies and deliveries, the extent and quantity of menstrual flow, environment, climate and surroundings do not influence the age of menopause, familial and racial factors do.

THE PROCESS OF MENOPAUSE:

In some women it is an abrupt phenomenon without any symptoms. But in most it takes a few months or years for complete stoppage of this regular process of menses. Mostly the flow decreases gradually and the periods become irregular. At times two to three months pass without any bleeding. Then gradually they stop altogether. All this happens because of lack of proper stimulation by the sex hormones which are now produced in much less quantity than before the onset of menopause.

Some ladies think that excessive bleeding before menses is a normal feature but it is bad and such bleeding should be properly investigated and treated.

PHYSICAL CHANGES:

The organs of reproduction are dependent on the level of sex hormones in the body and at menopause because of lack of these hormones, these organs start showing signs of atrophy. Breasts become smaller and loose. In obese ladies they will remain heavy but will become pendulous. At this age fat starts depositing around the waist and shoulders, and there is a tendency to put on weight. Some start growing hair on their face at a few places. In short, the maintenance of the external organs of womanhood which depends on sex hormones, is now disturbed and they show signs of derangement.

MENTAL CHANGES:

Depending upon the mental set-up and attitude of individuals, the mental changes and symptoms will differ. Those ladies who are educated, well informed and tolerant do not suffer much mental trauma. They are ready for such change and stand it admirably, but some among them become a little irritable. Those who are illiterate, ignorant and emotionally unstable suffer a lot of mental upsets. They consider menopause as the end of their womanhood. They think that their husbands do not love them any more and they may be so horrified at this thought that they lose their mental balance to the extent of madness. This is particularly the case with unmarried and sterile women, as they think that their only source of attractiveness and womanhood has also now gone and they have nothing in them any more to attract the opposite sex. Some are so frightened that they start thinking of all sorts of diseases and specially of cancer. As such, cancer is the disease of old age mainly, it is commoner in ladies after menopause, but it certainly has no connection with the onset of menopause.

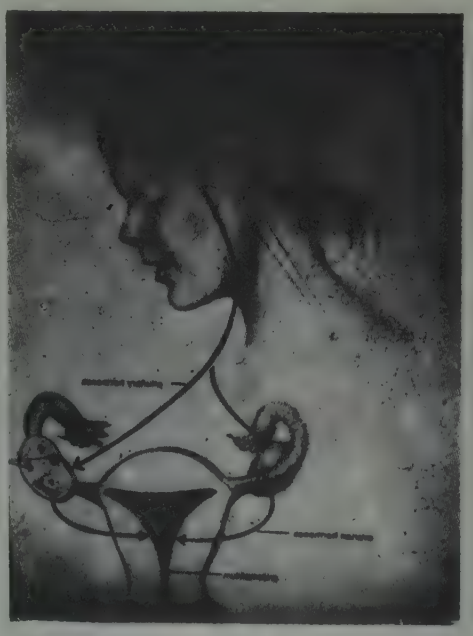
SEX AND MENOPAUSE:

Menopause only means that the woman now cannot produce a child, but her sex urge and competence still remain the same. It is another thing that with increasing age the sex desire gradually declines, but the stopping of menses does not affect normal sex life. On the contrary, it has been observed that with the fear of pregnancy gone, women after menopause enjoy sex better. Therefore, this misconception that after menopause sex life decreases is baseless.

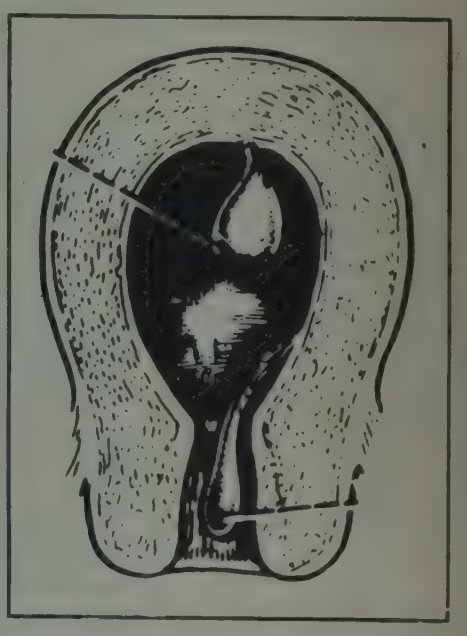
SYMPTOMS OF MENOPAUSE:

Seventy-five per cent of women do exhibit some symptom or the other but only 25 per cent seek medical help. Only five to 10 per cent require any active treatment. Among the rest, it is only necessary to console them and assure them that this is a temporary phase of life and that they should face this natural change with courage and patience. In a survey conducted in England it has been shown that there is no appreciable disturbance in the life and daily routine work of 90 per cent of the women undergoing menopause.

In some, the symptoms appear at the time of stoppage of periods while in others these may appear months after the periods have stopped. These ladies are



Hormonal control of the endocrinal glands over the uterus.



Diagrammatic representation of menstrual flow from the uterus.

usually depressed and they do not want to do anything. They lose interest in everything and become irritable. They complain of insomnia, giddiness, headache and heaviness in the head and chest. Some lose their appetite while others suffer from gas and constipation. Some have palpitations and some complain of chest pain. In these, functional irregularities of the heart beat and pulse are quite a common occurrence.

Hot flushes are quite regularly felt by women during this period. This causes a lot of trouble to them. They feel hot in the face and neck and they flush a lot. They perspire a lot and complain of nausea. During the period of excitement and anger they get these flushes more frequently. These flushes are com-

Cancer of uterus which may cause excessive bleeding.

RIGHT: Ovarian tumour resulting in excessive bleeding.

---

mon in hot environments also. Some women get these attacks once or twice a day, but in some the frequency can be every 15 to 20 minutes. At night hot flushes are more frequent than during the day and they disturb sleep considerably. Invariably, after these flushes, the woman feels cold and has rigors.

At times, some women complain of pain in the breast or lump formation. This is due to hormonal changes leading to chronic mastitis in breasts. This may be confused with cancer and it is advisable to consult a doctor for such troubles. Some women complain of pain in joints, in the calves and other muscles and suffer from lack of calcium in bones (osteoporesis). All these are not necessarily due to menopause but may be a coincidence only. Ceassation of menses does not bring on any kind of disease.

Menopause does produce a lot of symptoms both physical and mental, but how much of the indisposition it brings depends upon attitude and knowledge about menopause.

TREATMENT:

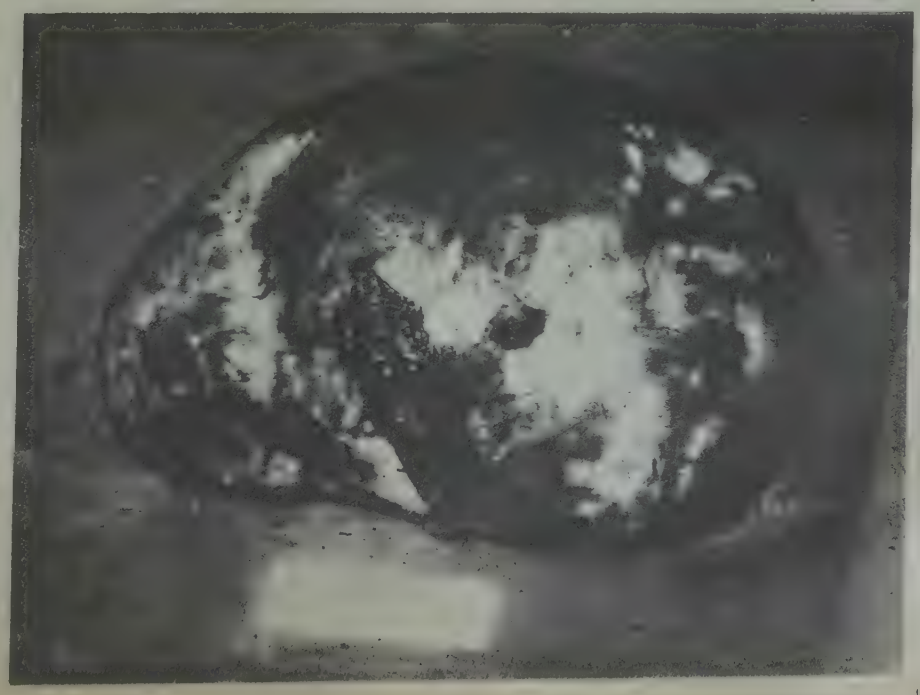
In the majority of cases it is only necessary to reassure the women and no more. Only about ten per cent of women need active treatment. If women can understand this process of menopause and learn to accept it as a normal process, then everything becomes all right. It is necessary to counsel both the husband and wife. The husband must also be told all about menopause so that he does not consider his wife irrational and difficult. This will give a lot of reassurance to the woman and will help her in reconciling herself to menopause.

It may be necessary to calm a woman during this irritable phase and it may be necessary to give tranquillisers, but this can be discontinued after a few days. These drugs can be habit forming so it is advisable to take these pills for a short duration only.

For hot flushes it is advisable for women to avoid alcohol, hot coffee and tea, hot baths and anything that causes excitement. She may need the aid of tranquillisers or sleeping pills for a few days. Sometimes it is advisable to give vitamin E tablets.

The habit of taking hormone treatment for all types of symptoms should be discouraged. True, hormones can be used for menopausal symptoms, but these should be used in necessary cases only. We use oestrogens for this ailment. Oestrogens should be taken for three months and then the dose should be tapered off. In some androgens are also used, but these are not as effective as oestrogens. These days mixed preparations are also used.

It is rather unfortunate that because hormonal treatment makes a woman feel better and her symptoms disappear she tends to continue this treatment for years. It can cause many problems and may even produce cancer. Therefore, it is advisable to take hormonal treatment only on medical advice and it should be discontinued when advised to do so.



PREMATURE MENOPAUSE:

In some women menopause occurs even at the age of 40 years. In such cases a full and thorough check-up should be done. It is advisable to go into the family history and find out the menopausal age in the other women of the family or in the community. In the case of women who take hormonal pills for family planning, this premature menopause is a common feature. It is not advisable to start menses artificially by taking various drugs. This may bring mental satisfaction but may be harmful.

LATE MENOPAUSE:

Periods after the age of 50 to 52 is certainly abnormal and calls for proper investigation. Several diseases of the uterus and cervix may cause the bleeding and the women may think this is menses, while it is really abnormal bleeding. So proper investigation must be done in these cases lest something sinister is missed.

Uterine tumours, polyps, cervical erosion, diabetes, cervical cancer, ovarian tumours, etc. can cause such abnormal uterine bleeding. We have already discussed these problems in one of our earlier articles.

If nothing abnormal is found then menses can be stopped by artificial means. Removal of both ovaries or their functional destruction by radiation will stop menses because of lack of hormonal stimulus. Irradiation of the uterus with a radium needle insertion is another method. Of course, the removal of the uterus is an absolutely certain method of stopping menses.

EXCESSIVE BLEEDING:

Excessive bleeding at any time is bad and more so around menopause. This calls for proper investigation which include D & C (curettage) and biopsy. This will give a proper diagnosis.

Resumption of bleeding after the stoppage is also bad. This may be due to cancer of the uterus or cervix or something equally bad. All these call for investigation and proper treatment. If necessary, the uterus may have to be removed.

Finally, the ovaries may continue to produce eggs or ova even after menses have stopped and in such cases pregnancy has been reported. Therefore, it is advisable to use family planning methods and contraceptives for a couple of years after the onset of menopause to safeguard against unnecessary embarrassment.

people and events

Mrs. Siddiqi presents the Vimal Fabrics Trophy to Mrs. Mrinmayee P. Bhave, whose team's 1937 (Baby) Ford travelled the longest distance in the Oberoi-Sheraton Vintage Car & Motorcycle Rally held in Bombay.

RIGHT: Mr. Horino, consul-general for Japan, inaugurated the Ikebana school to be run by the Khar Residents' Association's Cultural Wing, in Bombay. Seen at the inauguration are from left, Mrs. Nirmala Lukmani, president of the Ohara Chapter, Mrs. Devayani Kulkarni, chairman, Cultural Wing, Mr. Murli Deora, Mayor of Bombay, who presided, and Mr. Horino.

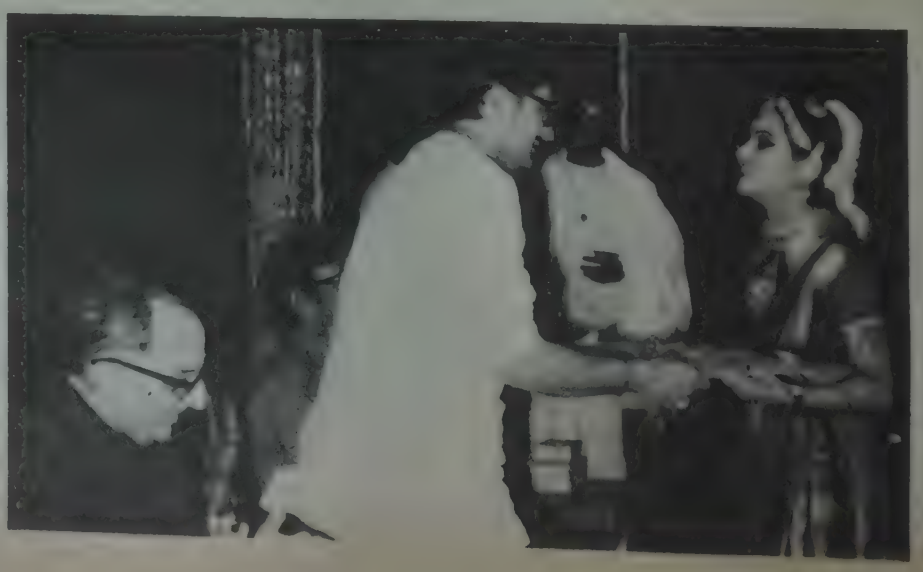
BELOW: Mr. Atal Behari Vajpayee, External Affairs Minister, (at right) inaugurated the exhibition of dolls in Delhi, organised by "Swaraj Shuchi". He is seen here with the artists.

ABOVE: Mrs. Shobha Somani, pres. of the Ruchika Club, hands over a cheque of Rs. 5000 to the Supdt. of the Children's Orthopaedic Hospital & Research Centre. From left are Mrs. Malati Khaitan, Mrs. Pushpa Kejriwal, Mrs. Rohini Himatsingka, Mrs. Vidya Seksaria, Mrs. Asha Jhunjhunwala, Mrs. Kusum More, Mrs. Anuradha Toshniwal and Mrs. Sarita Shroff.

RIGHT: George Mampilly and Madhuri Ramchandani were elected "Bombay Dyeing King & Queen 78" at the Beauty Contest organised by Stallions' International, Cochin chapter, with M/s. Bombay Dyeing, at Cochin.

At the Ramon Bonus Stamps Ball held in Bangalore are seen from left, the organiser Mrs. Suman Puri, the runner-up for the Ramon Princess, the Ramon prince and Princess Meenakshi Devi of Mysore, who was one of the judges.

Director Gulzar presents a certificate to Miss Keta Nanavati at her arangetram in Ahmedabad. Seated at left is Mr. B. J. Diwan, Chief Justice of the Gujarat High Court, who presided over the function.



bombay

Mr. S. Horino, Consul-General for Japan, and Mrs. Horino inaugurated the Ikebana classes to be held under the Cultural Wing of the Khar Residents' Asociation. Mr. Murli Deora, Mayor of Bombay, presided over the opening function of the Cultural Wing.

The classes wil be run by Mrs. Roshan Lalkaka, professor of the 1st degree, Sogetsu School, Tokyo, and former director of the Sogetsu Chapter, New Delhi.

* * *

The Vaishnav Yuva Mandal of Bombay held a charity premiere of 20th Century Fox's "The Omen" at the Sterling Theatre. The Mandal's President Dr. S. D. Vaishnav, along with founder-member Mr. J. C. Sharma and Executive President Mr. J. B. Vaishnav announced the plans for providing scholarships for poor students from all over India, and sewing machines for needy widows. The main target however is the construction of a hostel in Bombay providing free accommodation for Vaishnav students from any part of the country. The Mandal had, on an earlier occasion, collected over a lakh of rupees for its various charities.

* * *

Ruchika Club, a social organisation of South Bombay run exclusively by ladies, donated Rs. 5,000 to the Society for the Rehabilitation of Crippled Children. At a function at the Children's Orthopaedic Hospital & Research Centre, the Club's President, Mrs. Shobha Somani, handed over the cheque to Dr. A. Hameed, Hon. Superintendent of the Children's Orthopaedic Hospital.

Ruchika Club regularly helps Seva Sadan (Chembur) and Balbari (Matunga) with donations for the welfare of destitute and slum children.

Ruchika Club has over 50 members with Mrs. Shobha Somani as its president, Mrs. Asha Jhunjhunwala as vice-president, Mrs. Kusum More as secretary and Mrs. Lata Agarwal as its treasurer.

* * *

Prafulla Dahanukar held her 20th exhibition of landscape paintings at the Jehangir Art Gallery.

Prafulla's landscapes are very soothing, with beautiful colours. They give the impression of fading into the distance. She herself talks of them as "a humanised landscape without humans. Lonely perhaps, but not ominous."

* * *

Air India and the Indian National Theatre presented the 2nd Festival of Indian Classical Dances in Bombay. The Festival was sponsored by the Conseil International de la Danse (CIDD), which is part of UNESCO.

Over 100 foreign participants attended the festival including Princess Christina of Sweden, patron of CIDD.

The most famous exponents of classical dance performed during the 3-day festival, Vyjayantimala gave a Bharata Natyam recital, Raja and Radha Reddy and troupe —Kuchipudi, Kumudini Lakhia and troupe—Kathak, Jhaveri Sisters and troupe—Manipuri, Lilavati Hager—free dance, Uttara Asha Coorlawala—modern dance, and Mrinalini and Mallika Sarabhai and Chatuni—free dance.

* * *

Rudra Connal, a talented artiste from Delhi, recently made her debut in the city with her exhibition of ceramics. This was her third exhibition.

About 400 interesting pieces were on view ranging from ash trays, to bowls, to decorative pots—all in unusual shapes. In subdued shades and subtle blending of colours, in attractive glazes and textures, her captivating creations are deftly executed. Rudra uses varied processes to get the required effect. She has gained mastery over her media and techniques as was evident from the items on display.

Mr. Murli S. Deora, Mayor of Bombay, inaugurated the show.

* * *

Shakuntala Kulkarni (nee Murdeshwar) will hold her 1st one-woman-show of oil paintings in abstract forms at Jehangir Art Gallery from Feb. 8 to 14. The exhibition will remain open from 12.00 noon to 8 p. m. everyday.

Shakuntala did her post graduation in Murals in 1973. Under the Government of India's cultural scholarship, she studied graphics at Bombay, Baroda and Santiniketan under such eminent artists as Mr. Palsikar, Mr. Akbar Padamsey and Mr. Somnath Hore.

From 1972 to 1975 she has exhibited oil paintings and graphics in various group shows and won a number of awards.

delhi

Swaraj Shuchi is an organisation in Rohilkand, Bareilly, where widows and young girls are taught the art of doll-making, painting and batik, to enable them to become self-sufficient. **Swaraj Shuchi** also finds avenues for sale and exhibition of their creations. A recent sale-cum-exhibition was inaugurated at Janpath Hotel in Delhi. The dolls made by Sarla Tandon, Archana, Kumkum, Shashi, Prabha and Usha, and other handicrafts showed artistic excellence. Mr. Atal Behari Vajpayee, External Affairs Minister, inaugurated the exhibition.

* * *

Bharatiya Sangeet Sadan is holding a three-day festival of performing arts to mark the inauguration of Uma Sharma's Institute of Dance and Music in their new building. The festival will be inaugurated by Ustad Vilayat Khan and presided over by Union Minister L. K. Advani. The highlight of the programmes will be a vocal recital by Parveen Sultana and Munnawar Ali Khan. A flute recital by Hari Prasad Chaurasia and a sarod recital by Amjad Ali Khan will also be held. The festival will include dances by Sitara Devi, Sonal Mansingh and Uma Sharma.

calcutta

The Agri-Horticultural Society of India held its annual Chrysanthemum, Rose, Dahlia and Gladiolus Show in the Society's Garden. For the first time flowers were displayed in the setting of a house to show how every corner of a home, including the kitchen, can be made to look pleasing and beautiful with the help of flowers, vegetables, fruits and foliage. Mrs. Shefali Chaudhuri, the creator of "Malancha" who was responsible for this pleasing visual, used odd containers like weighing scales, a bird cage, a "karai" and even a conch shell. She also put to effective use expensive flowers as well as the cheaper ones.

madras

The Lions Club of Marina Beach hosted a reception for the district governor Mr. M. Chellapan, at the Hotel Connemara. President Ameer Ali Dhala welcomed the gathering. The first bulletin of the club, Marina Waves, was released on this occasion. While presenting the charter, Mr. Chellapan applauded the efforts of the Club to raise funds to serve the community

bangalore

An International Nite was organised by Rotaract Club of Bangalore East at West End Hotel. Miss Rachel Davis, president, Rotaract Club, welcomed the gathering.

A cultural programme was presented by students of Tibet, Nepal and Africa. The Lion dance presented by the Tibet Youth group was very popular. As a finale, a short fashion show was presented by the Karnataka Handloom Development Corporation.

world of eve

APARNA KALELE

Aparna Kalele of Raipur bagged last year's award for best acting in the All-India Marathi Drama competition held in New Delhi, for her role in "Jaswandi".

Aparna won her first award in 1972 in the Maharashtra State Drama competition for her performance in the Marathi play "Chiranjiv". Her husband Anil got the best direction award in the same.

Aparna has been interested in drama since her student days, but entered a conducive environment only after her marriage. Besides Anil (also a good actor), her father-in-law, Mr. Sriram P. Kalele is very active in theatre.

Aparna works as a social worker in a factory seven miles from Raipur, where she reports to work early in the morning and returns late in the evening. After this, play rehearsals till late at night were a strain to her, but her love for drama overcame this.

Aparna feels that plays are are also a means for education and social revolution, specially because of their capacity to change with each performance.

JYOTSNA BHATT

Jyotsna Bhatt's first exhibition of ceramics in Bombay was a success — almost all her pieces were sold. In Baroda, where she teaches pottery in the University's sculpture department, "such a response is rare."

Originally from Bombay, Jyotsna studied sculpture in Baroda University, where she met her painter-husband, Jyoti Bhatt. They married in the U.S. where both of them went to study further. She studied on a foreign student scholarship, in the Art school attached to the Brooklyn Museum of Arts in New York. Her two solo exhibitions there were warmly appreciated.

On their return after a year, Jyotsna did her post-diploma in sculpture. Her husband also teaches there.

Jyotsna prefers making functional pieces. Her passion for pottery originates from the desire to "create something on the wheel."

hi ya honey!

By an Alves called Johnnie

I went to see an old friend in Pune recently. Hadn't visited her for more than 26 years. The last time I saw her she was a sight for sore eyes. If she had met Richard Burton earlier, Elizabeth Taylor would not have got her million-dollar ring. Honey, not only was her smile bewitching, but her curves made your legs feel like jelly.

The trouble, however, with females is that once they get married, they think life for them is over. As girls, they can win an Oscar as God's greatest creations. As wives the less said the better. Winnie married a friend of mine. I remember telling her that since I was already married she could not have found a better man. I did not realise then that 26 years later anybody looking at her would be tempted to ask where the other survivors were.

God made girls. Hurrah for that! But why did He have to go and make them wives? What I saw was shocking even to a much married and hen-pecked husband like me.

Honey, I have often advocated that marriage certificates should be renewed every three years, but seeing my friend Anthony, I feel like asking for the abolition of marriage altogether. He looked like he had gone through hell.

Twenty-six years ago he was a tall, six-foot, strapping young man full of life and gaiety. Today, with his shoulders drooping, he looks five feet tall. One look at him and the hijakers would return not only the plane but last time's ransom money as well.

Having gone through hell myself, I was able to stand the shock.

Anthony, however, has not changed in bravado. He brags he's the boss in his home, and he lies about other things as well. Every time I questioned him about his life as a married man, he came right out and said what she told him to think.

There's one thing about Winnie and Anthony. You could not ask for better harmony in marriage. Winnie has her way when they agree and she has her way when they disagree. Whatever topic Anthony discusses, he has his marriage haunting him. One evening, while we were out drinking my whisky, I casually asked him what he thought of the Emergency and the period when the Janata Government brought in freedom. Glancing sideways at his big made wife, he said meekly, "I am grateful to be living in a free country where a man can do as his wife pleases."

During the three days I stayed with them, I knew what the meaning of purgatory was. The only time they did not quarrel was when they were asleep.

Once she even woke him up to enquire why he was smiling in his sleep. One thing I must admit however, she always forgives him when she's in the wrong.

It was my fault getting them married. I asked him to marry her for her looks, but I did not mean the kind he is getting now.

God, luv, I haven't seen a man so scared in my life. I persuaded him to take some insurance on his life. When he asked permission, it was readily given by her, but when he completed the form, in the column asking for his marital status, he wrote meekly, 'Under wife."

Poor Anthony! He is a lost man with no ambitions, but she is sticking to him through all the troubles he never would have had if he hadn't married her in the first place. I wanted to rub it in, so I said to him. "Tony I am sorry for you, but my wife is an angel." He looked at me sadly and said, "Yes, you are lucky. Mine is still alive."

Last month he beat up a friend who threatened to run away with his wife—and changed his mind at the last moment.

Until the next time then!

A HOME FREQUENTLY CLOSED FOR ALTERCATIONS!

next week

Eve's Weekly

ISSUE OF FEBRUARY 11, 1978

POSSIBILITIES FOR INVOLVEMENT

Continuing the series of reports on women's groups in different cities, a discussion of women's organisations in Bombay and their activities.

CRIME AND WOMEN

Is pick-pocketing a crime particularly amenable to women? Conversations with women pickpockets and police authorities in Delhi.

WOMEN IN THE JANATA

So far there have been only two chinks in the all-male Janata armour at the Centre. There is a crying need for the break-down of the armour. In the meanwhile, what will the two women already there do for the women's cause?

IF I DIE TODAY

Part II of the four-part story serial started last week.

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